

NOVEMBER / DECEMBER 2012

# SHOREVIEWS

Shoreview City Newsletter, Community Center News and Parks & Recreation Catalog

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<b>City Hall</b>	651.490.4600
<b>Community Center</b>	651.490.4700
<b>Parks and Recreation</b>	651.490.4750
<b>Building Permits</b>	651.490.4690
<b>Code Enforcement</b>	651.490.4687
<b>Forestry</b>	651.490.4650
<b>Human Resources</b>	651.490.4619
<b>Planning and Zoning</b>	651.490.4680
<b>Recycling</b>	651.490.4650
<b>Sewer &amp; Water Maint/Svcs</b>	651.490.4661
<b>Streets</b>	651.490.4671
<b>Utility Billing</b>	651.490.4630

#### Police

Police protection is provided by the Ramsey County Sheriff's Department. The District Office is located at 1411 Paul Kirkwood Drive, Arden Hills, MN 55112.

**For non-emergencies call 651.484.3366**  
**For emergencies call 911**

#### Fire

Fire protection is provided by the Lake Johanna Fire Department.

**For emergencies call 911 Dispatch**  
**Non-emergency 651.767.0640**

#### City Officials

##### **Sandy Martin, Mayor**

444 Lake Wabasso Court  
Office: 651.490.4618  
sandymartin444@gmail.com

##### **Blake Huffman, Council Member**

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blakehuffman@comcast.net

##### **Terry Quigley, Council Member**

1212 Silverthorn Court  
Home: 651.484.5418  
tquigley@q.com

##### **Ady Wickstrom, Council Member**

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ady@adywickstrom.com

##### **Ben Withhart, Council Member**

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Home: 651.481.1040  
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benwithhart@yahoo.com

##### **Terry Schwerm, City Manager**

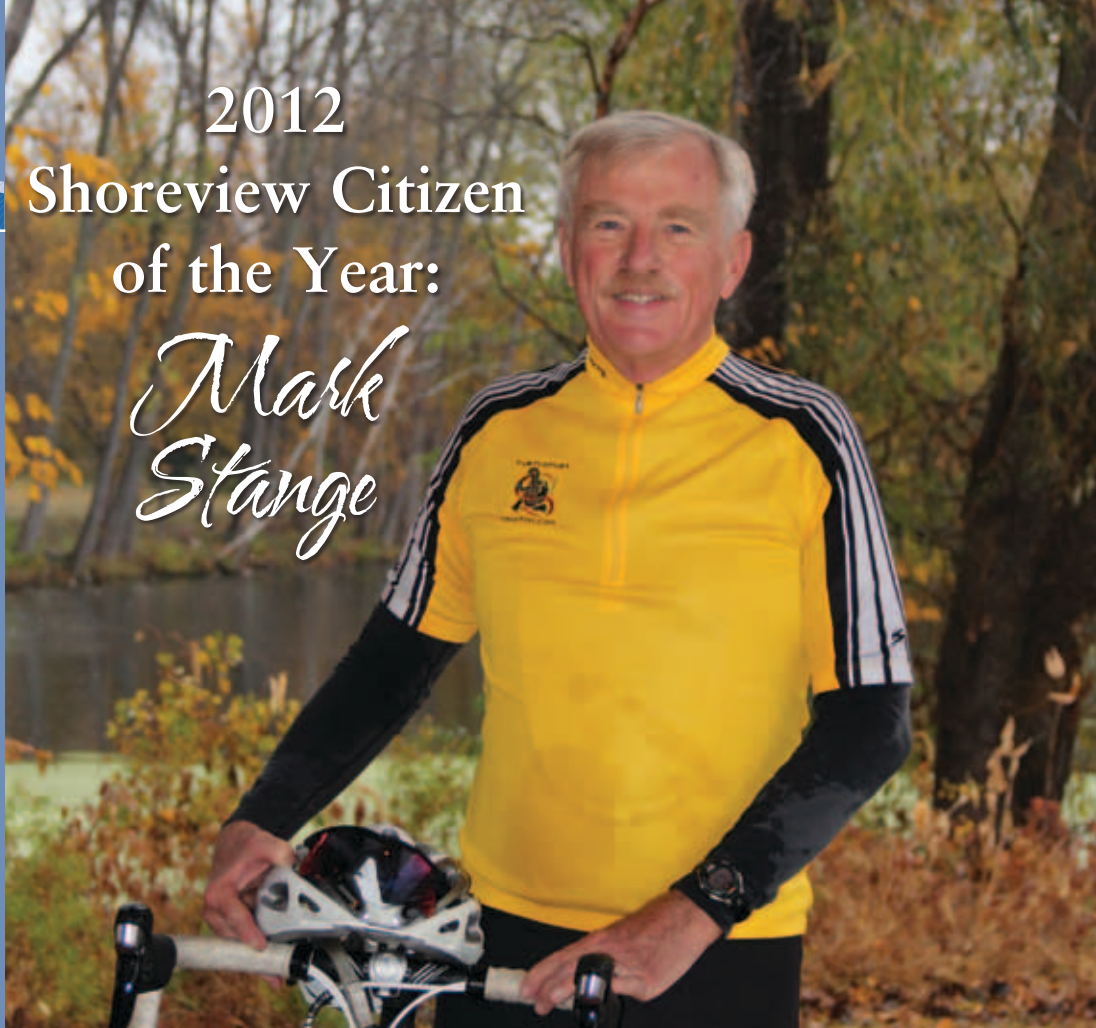
Office: 651.490.4611  
tschwerm@shoreviewmn.gov

#### Access Shoreview

Sign up to receive our online newsletter that is sent after each City Council Meeting with City news and events. Visit the City's website at [www.shoreviewmn.gov](http://www.shoreviewmn.gov)

## 2012 Shoreview Citizen of the Year:

*Mark  
Stange*



Mark Stange was presented the 2012 Shoreview Citizen of the Year Award by Mayor Sandy Martin and the City Council at the annual Volunteer Appreciation event on October 18. A Shoreview resident since 1972, Mark has had a remarkable record of community service and volunteer efforts over numerous years.

As a Shoreview Bike and Trails Committee member, Mark became one of the strongest voices in the community for developing and implementing the Master Trail Plan that ultimately led to Shoreview being named one of the first "Bicycle Friendly" communities in the state.

His passion for biking led to him becoming the founding organizer of the annual Tour de Trails ride that showcases our wonderful trails and open space.

As a long-serving member of the Arden Hills-Shoreview Rotary, Mark served as a past president with great distinction. His involvement with their projects and events have included:

- Run & Romp organizer and coordinator
- Bike-a-thon for Healthy Youth coordinator
- Coordinator of several clean-ups at Grass Lake and Snail Lake Regional Park, and led the tree planting effort in Snail Lake after the devastating tornado
- Recipient of the Paul Harris Fellowship Award from the Rotary

He is also a Turtleman Triathlon long-time participant and has been the race director for the past several years.

And the list continues: Mark has also helped raise funds for Northwest Youth and Family Services, cleaned up the Boundary Waters canoe area, volunteered for the Park Square Theater, and been a long-time high school football official and Boy Scout Troop Scoutmaster.

But with all of these contributions, perhaps none has been greater than the 28 years Mark has given in both active and reserve service as an officer in the U.S. Navy, where he earned numerous military commendations and service awards before retiring as a captain.

With a passion and commitment to the outdoors, his community, and his country, Mark would be the first to say he could not have achieved all that he has without the support from his wife Cynthia and their two children.





Mark Stange was presented the 2012 Shoreview Citizen of the Year award by Mayor Sandy Martin. They are joined by Mark's wife, Cyn.

## Council Schedules 2013 Budget Hearing

Shoreview's hearing on the 2013 budget and tax levy is scheduled for Monday, December 3 at 7 p.m. The proposed property tax levy of \$9,604,567 represents a 3.39% increase over the 2012 levy. Primary factors causing the increase in the levy include public safety costs and capital replacements (street and other asset replacement costs).

During 2012, Shoreview implemented a two-year budget, which contained preliminary plans for 2013. The proposed levy for 2013 is more than \$75,000 lower than the levy originally planned as part of the two-year budget.

Check out how Shoreview's share of the property tax bill compares to similar sized cities by reading our *Community Benchmarks* booklet, now available online at [www.shoreviewmn.gov](http://www.shoreviewmn.gov).

## Caring Youth Award: Karen Janssen

Our City's first Caring Youth Award was presented to Karen Janssen by the Shoreview Human Rights Commission at the annual Volunteer Appreciation event on October 18. Recognized for putting others' needs before her own, Karen volunteers at Shepherd of the Hills Church, serving in a variety of ways. She also cares for a godchild with Downs Syndrome and plans to dedicate her studies to helping children with special needs.

The Shoreview Human Rights Commission created this new recognition which empowers our community to value youth – and youth to value our community. Nominees must be Shoreview residents or volunteer in Shoreview and in grades 9 through 12.



Karen Janssen received the City's first Caring Youth Award. She is pictured with parents, Kathy and Joe Janssen.

## Proactive City Economic Development Efforts Bring Positive Results

Despite a lagging economy the past several years and a lack of available land for development, Shoreview has experienced significant economic growth –bringing new retail services, senior housing, and business expansion. As part of an initiative for proactively fostering economic and business development established by the City Council, with the help of the Economic Development Authority (EDA) and Economic Development Commission (EDC), the City of Shoreview has been able to leverage special funding resources to successfully attract commercial development and facilitate job growth by several of the largest companies in the community.



*A new retail center opened this fall on Red Fox Road just north of the Super Target bringing new services and dining choices. The City helped facilitate the phased project, which includes two other parcels including a site dedicated for a specialty market anchor tenant.*

Recognizing that Shoreview was becoming a nearly fully-developed community, the City established a new strategic plan for fostering continued economic growth. Its focus has been on retaining our existing key businesses while also seeking opportunities for potential redevelopment of older commercial areas. To achieve these goals, the City Council adopted policies and mechanisms which have enabled the City to efficiently respond to local businesses seeking expansion and proactively attract new retail business – including more dining choices desired by the community.



*Officials from the City Council and Economic Development Commission attended a recent open house event hosted by Lion Precision celebrating Manufacturer's Day in Minnesota. Left to right: Jim Gardner (Shoreview EDC), Shanda Osiecki (Lion Precision), Sandy Martin (Mayor), Terry Quigley (Councilmember), and Don Martin (Lion Precision)*

Critical to these efforts is the work of the Economic Development Commission and Economic Development Authority – two advisory boards providing policy input to the City Council on business and economic development matters.

The Economic Development Commission (EDC) serves as a volunteer advisory group of residents and business representatives. In recent years, the EDC has also created the Business Retention and Expansion Program (BRE) – a comprehensive action plan for strengthening City relationships with the business community, especially our key landmark and emerging companies deemed important in providing significant jobs and an economic tax base that benefits Shoreview's overall quality of life.

Since the program's adoption in 2008, teams consisting of the Mayor, City Council members, Economic Development Commission members, and City staff have conducted nearly two dozen in-person visits to our top businesses to better understand their concerns and needs for success and growth in Shoreview. A number of these visits have resulted in business retention and expansion projects through a public/private partnership developed between the City and a local company.

The City also provides outreach to local businesses through the *Shoreview Business Exchange*, a business appreciation and networking event hosted two or three times per year by the City Council and EDC. The Economic Development Authority (EDA) was created by the City Council in 2008 as a new policy and tool for implementing economic development, business retention and housing goals of the City. The EDA consists of three members of the City Council and two at-large community members (including one current member of the EDC).

Since its beginning, the EDA has developed strategic plans and implemented work plans for both housing and economic development. The EDA established the Shoreview Home Energy Improvement Loan program, set strategies on dealing with vacant/foreclosed homes and blighted properties, and provided tax increment financing to help with new housing choices for the community. It provided support to the Shoreview Senior Living senior housing project (now under construction), consisting of independent living, assisted care and memory care units. The EDA is also involved with the proposed Lakeview Terrace project that includes the redevelopment of an old vacant shopping center and major traffic safety and road improvements for the construction of 104 luxury market rental apartments.

The EDA has also helped with efforts to expand several key local companies, including PaR Systems and TSI,





*PaR Systems, a global leader in robotics technology, broke ground in October on a building expansion at their headquarters campus in Shoreview. From left to right: Dave Lukowitz (Shoreview EDC), Matt Kramer (President, Saint Paul Area Chamber of Commerce), Brad Yopp (PaR Systems) Brian Behm (PaR Systems Robotics), Sandy Martin (Mayor), Steve Solomonson (Planning Commission), Emy Johnson (Shoreview EDA), and Blake Huffman (Councilmember, EDA President)*

Incorporated, by leveraging special economic development funding resources. This will bring hundreds of new highly-skilled jobs.

Mayor Sandy Martin agreed: “The recent expansion projects of two of our largest companies, PaR Systems and TSI, Incorporated, serve as great examples of the close and effective partnerships we have developed through our business retention efforts,” she said.



*Mayor Sandy Martin is shown close-up the highly technical work being done at Shoreview-based Lion Precision. Lion Precision produces precise non-contact measurement devices to markets throughout the world including many Fortune 500 companies.*

New retail development is transforming the Red Fox Road area near Interstate 694 and Lexington Avenue, including the demolition and clean-up of an old gas/service station for a TCF Bank, and a new retail center project that has brought restaurants such as Chipotle, Leann Chin’s, and Five Guys Burgers to the community.

“Through the joint efforts of the Council, EDA and EDC, the City has been able to utilize special economic development resources to attract new retail and dining choices and act quickly to respond to the growth needs of several top businesses. This will bring hundreds of well-paid jobs and added tax base to the community,” said Blake Huffman, Councilmember and EDA President.

Working together, the City Council, Economic Development Commission and Economic Development Authority ensure that Shoreview maintains a strong, healthy, and positive business climate – promoting continued business growth and reinvestment in the community.

## Shoreview Economic Development Authority (EDA)

### Mission Statement:

*The mission of the Shoreview Economic Development Authority is to facilitate economic growth by supporting existing businesses, foster reinvestment in residential neighborhoods and commercial areas, and promote the creation of new business, employment and housing opportunities in order to sustain and enhance the economic vitality and quality of life in the community.*

### Meeting Schedule:

The Shoreview EDA regularly meets at 5 p.m. on the 2nd Monday of each month before City Council Workshop meetings in the Council Chambers at Shoreview City Hall. The public is welcome to attend.

### Board Membership:

The Shoreview EDA is a 5-member board appointed by the City Council and consisting of 3 members of the City Council and 2 at-large members. The City Council as a whole retains final decision-making authority on all financial and budgetary matters of the EDA. Appointed members include:

Blake Huffman, President (Councilmember)  
Ben Withhart, Vice President (Councilmember)  
Gene Marsh, Treasurer (At-large member; EDC member)  
Terry Quigley (Councilmember)  
Emy Johnson (At-large member)

### EDA Strategic Objectives:

- Maintaining quality neighborhoods
- Preserving housing stock conditions
- Providing a variety of housing choices
- Retaining business and promoting expansion
- Supporting redevelopment of older commercial areas

## Economic Development Commission (EDC)

### Mission Statement:

*The EDC mission is to bring to the City a view from the business community, recognizing that business retention and economic development are an element of the broader goal of quality community development. The EDC has a very strong commitment to retention of present businesses in the City, which form a cornerstone of a healthy business environment. These retention efforts will involve the development of a program to maintain contact with the business community, one which includes visitations, attitude surveys, and recognition events.*

### Meeting Schedule:

The Shoreview EDC regularly meets from 7:30 to 9:00 a.m. on the 3rd Tuesday of each month at Shoreview City Hall. Meetings are open to the public.

### Board Membership:

The Shoreview EDC is a 9-member advisory board appointed by the City Council. EDC membership includes both residents and business owners of the community.

Appointed members include:

Joshua, Wing (Chair)  
 Gene Marsh (also EDA member)  
 Susan Denkinger (Vice-Chair)  
 Ben Stephens  
 Jim Gardner  
 Jeffrey Washburn\*  
 David Kroona  
 Jonathan Weinhausen  
 David Lukowitz\*  
 \* Past Chair

### EDC Core Mission:

- Relationship building with business community
- Business retention
- Goodwill ambassadors representing City
- Communication link to business community
- Seek and provide networking opportunities
- Education on City policies, goals, and values
- Services and resources provider to serve businesses

## Shoreview Development Projects

### ■ Red Fox Retail

Phased retail developments located along Red Fox Road east of Lexington Avenue and north of Super Target. Recently opened first phase retail center includes Chipotle, Leeann Chin and Five Guys Burgers restaurants, plus Massage Retreat Spa and Sports Clips. Future phases include a retail/office pad and site for a specialty market to anchor project.

TCF Bank is constructing a branch facility at the corner of Lexington Avenue and Red Fox Road on the former Sinclair gas station property, which was demolished to make way for the new bank. Project should be completed by early 2013.

### ■ PaR Systems

PaR Systems, Inc., located at 707 and 655 County Road E, broke ground in October on the construction of a new 36,000 square foot facility (with potential expansion to 48,000 square feet) on vacant land east of their corporate offices on their Shoreview campus. The \$5.5 million expansion will bring new jobs and provide additional manufacturing space to meet continued growth projections, due in part to a recent contract to provide robotic cranes to assist with the on-going clean-up of the Fukushima nuclear power plant in Japan. Project should be completed by March, 2013.

### ■ TSI Incorporated

TSI, Incorporated, located at 500 Cardigan Road, has begun construction of \$7 million – 58,000 square foot expansion of their corporate headquarters and research/manufacturing facility. TSI currently employs 560 worldwide including 440 high skilled employees in Shoreview. With the expansion to accommodate continued growth, the company projects a workforce addition of 180 employees in Shoreview within the next several years. TSI has a target date for completing the expansion project by May, 2013.

### ■ Shoreview Senior Living

Construction of a new 105-unit senior housing community called Shoreview Senior Living is nearing completion. The project, located on Hodgson Road north of Highway 96, will provide a mix of congregate, assisted living, and memory care rental apartments. The developer has committed to provide and maintain 12 units for eligible residents through the Elderly Waiver Program. The \$15 million senior apartment project is expected to open by Spring of 2013.

### ■ Lakeview Terrace

Final project approvals are pending for a redevelopment project involving the tear-down of the vacant Midland Plaza strip center at Owasso and Victoria Streets to construct a new upscale six-story luxury apartment building of 104 units adjacent to the existing Midland Terrace Apartments complex. The \$24 million project would include the relocation of Owasso Street to align with County Road E in order to create a development parcel for the new apartments. The redevelopment will provide benefits of removing an old retail center, creating new higher end market rental housing choices for the community, and traffic safety improvements in the project area. The public road improvements could begin in early 2013, with construction of the apartment building following, and completion by Fall of 2014.



## Heritage Day Celebrates Shoreview's History

A formal ribbon cutting and dedication was held October 6 for the recently renovated historic Guerin Gas Station at Shoreview Heritage Day, an event held together with the Lake Johanna Fire Department's Open House. Tours of the historic Lepak Larson House, a historic farmhouse also restored by the City, were also given.



### Guerin Gas Station

Originally located on Little Canada Rd. and N. Owasso Blvd., this was one of the first gas stations in northern Ramsey County. It was owned by Dave Guerin and built in 1926. It held two 50-gallon drums of gasoline with pumps on top and was patronized by visitors to North Oaks, locals, reputed gangsters and tourists enjoying the many recreational lakes of the region.



### Art Larson Home

This Chaska brick home, originally built in 1895, was the residence of Art and Edna Larson. The Larsons sold some of their property for the current Turtle Lake School and Fire Station #3. The original property featured a barn, pump house, corn crib, and machine shed. The outbuildings were wired for electricity in 1925...the house, in 1953!



Mayor Sandy Martin joins Carol and Lee Guerin (members of the Guerin family, original owners of the gas station) for the ribbon cutting, along with Councilmember Blake Huffman, Lucena Slaten and Doris Claeys.

The newly restored Guerin Gas Station today, located at the corner of Lexington Avenue and County Road 1.

## Gallery 96 Helps Residents “Give Shoreview a Hand”

Gallery 96, a non-profit organization that promotes the arts in the northern St Paul suburbs along Highway 96, created a hands-on public art project called “Give Shoreview a Hand.” The group was looking for an affordable art project that could involve all members of the community and would be something visible to all local residents.

“Give Shoreview a Hand” involved creating a series of brightly-colored banners that were hung horizontally around the Tropical Adventures Indoor Playground at the Shoreview Community Center in October. The banners display handprints of the participants, which appear to be applauding the visitors to the Center, said Tom Reynen, Gallery 96 Vice President.

“Through the coming years, anyone viewing the play area will be able to enjoy them and perhaps see how their hands have grown since then,” said Reynen.

The project was created this summer at the Slice of Shoreview and the Shoreview Farmers Market. Tents with paint and supplies were set up at these events, and all were encouraged to dip their hand in the paint and make a palm print in one solid color, or trace their hand on the canvas and decorate it with multiple colors and designs.

“Hopefully, they stay up there forever,” said Gary Chapman, Building and Grounds Superintendent.

“The best part was that anyone could do it – young, old, whether artistic or not. All it took was a ‘willing hand,’” Reynen said. “Those whose handprints are on the banners can feel a sense of pride in the community in the years to come, especially the children.”

The project was funded in large part by the generosity of Shoreview Community Foundation and included the paint and supplies, the canvas and a tent. Volunteers from Gallery 96 managed the project.



*Handprints were collected at the Slice of Shoreview and the Shoreview Farmers Market this past summer.*



*Tom Trezak, Custodian and Gary Lofquist, Building and Maintenance Tech, installed the banners on the Tropical Adventures Indoor Playground walls on Oct. 2.*

## Northern Lights Variety Band - Annual Holiday Concert



Bring the entire family to the Shoreview Northern Lights Variety Band’s annual holiday concert on Saturday, December 8, 2012, 7 p.m. at Benson Great Hall, Bethel University. The concert is a festive evening featuring the season’s traditional, popular and sacred band and choral music along with a generous sprinkling of holiday humor and merriment. Advance sale tickets are \$10 and can be

purchased from any band member, at Shoreview City Hall, or by sending an email to [tickets@snlvb.com](mailto:tickets@snlvb.com). Tickets are \$12 at the door.

New band members are always welcome! Under the guidance of Music Director Merle Danielson, the SNLVB is a 501(c)(3) non-profit organization, boasting over 70 members. The band rehearses at the Shoreview Community Center on Tuesday evenings from 7 p.m. to 9 p.m. Auditions are not required. Members are adults who are 16 years of age or over, who play a wind instrument or percussion, and have a desire to play music, serve the community, meet people, and have fun. Visit [www.snlvb.com](http://www.snlvb.com) for more information.



## Experience Germany's "Up North" in 2013



You are invited on a tour of northern Germany, including a home-stay visit in our sister city. The tour will take place August 8 to 26, 2013 and has been planned to celebrate ten years of official sister city status with the town of Einhausen, Germany. What better way to promote international friendship and exchanges of goodwill

than to travel there as a group and experience the sights and experiences they have to offer?

Traveling by motor coach, we will visit the cities Berlin, Hamburg, Lübeck, Köln (Cologne) and more. This is a fabulous opportunity for a guided tour of northern Germany that will include historical sites, castles, ocean ports, and museums, as well as smaller outings to quaint locals filled with all of the hospitality for which this country is famous. This will be an exciting tour – and with this trip "Up North," you can leave your bug spray behind!

An informational meeting about the tour will be held Sunday, December 2 from 4 p.m. to 6 p.m. at the Shoreview Community Center. Please join us as SESCO and the tour company highlight the trip plans and offer you a chance to have your questions answered.

### About SESCO

The Shoreview-Einhausen Sister City Association (SESCA) has been uniting the people of Shoreview and its neighboring communities with the city of Einhausen, Germany for ten years, with its roots in student exchanges in the late '80s. Since then, many overseas visits have taken place, including last summer when we were pleased to co-host a visit from the Einhausen Musikorps Band. This visit added much to our Slice of Shoreview involvement and, thanks to the Shoreview Northern Lights Variety Band, included a fabulous joint concert at Bethel University.

We foster all these relationships and exchanges through adult and student travel opportunities, monthly meetings, German dinners, a Slice of Shoreview tent, an adopted section of Highway 35E, and student language scholarships.

Our mission is to promote international goodwill by creating opportunities for all citizens of the greater Shoreview area to experience the German culture through a variety of activities – emphasizing exchanges and personal interactions with the people of Einhausen, Germany. Come join us at a monthly meeting, and feel free to visit our website at [www.sesca.org](http://www.sesca.org) for more information or to contact us.

## Dan Brooks to Speak at Foundation's "Dinner with Friends"



Dan Brooks will be the featured speaker at this year's Shoreview Community Foundation Annual "Dinner with Friends" fundraiser on Thursday, December 6. Dan is son of the late Herb Brooks, hockey legend and former Shoreview resident.

Dan Brooks grew up in Shoreview and was a neighbor to Marsha

Southeray, Foundation Chair. She has many fond memories of Dan and his family as Herb's career progressed from hockey player, to University of Minnesota Hockey coach, and then to the Olympics and the National Hockey League (NHL). Dan will share insights about who his father really was, what he stood for, and his values. He will share stories that many have never heard before.

Dan's remarks will also focus on team building, as he describes what Herb Brooks did to build a team and draws correlations between building a winning squad and building a vibrant community. The Board and friends of the Shoreview Community Foundation will find this

helpful as we build an endowment and supportive culture for Shoreview's future.

The Foundation hosts this annual dinner to celebrate the quality of life we enjoy in Shoreview and to raise funds for building the Foundation's endowment. The permanent endowment funds grants to assist local charitable organizations. This year's grant recipients are the Shoreview-Einhausen Sister City Association, for costs associated with hosting Einhausen's Musikorps Band and their community presentations, and the Gallery 96 Art Center, to sponsor a community art project. Previous grants went to the Shoreview Historical Society, Northwest Youth and Family Services, Volunteer Service Club at Mounds View High School and the Shoreview Northern Lights Variety Band.

The "Dinner with Friends" will be held from 6 p.m. to 8 p.m. on Thursday, December 6 in the Shoreview Room at the Shoreview Community Center. Reservations are necessary. For details on how to make reservations and to contribute to the Foundation, go to the Foundation's Facebook page at [www.facebook.com/theshoreviewcommunityfoundation](http://www.facebook.com/theshoreviewcommunityfoundation). Call 651-484-6059 to make reservations by phone.

### City of Shoreview and Community Center Websites to Undergo Major Redesign and Upgrade

With the speed and convenience of the internet reshaping the way things are done, it's no surprise that the City of Shoreview and Shoreview Community Center websites have become one of our most important method of communicating information to residents, businesses and customers.

Our 2010 Community Survey found that two-thirds of Shoreview residents use the City website. This use is continuing to grow as evidenced by greater use of online registration for Park and Recreation programs, as well as more utility customers paying their bills online.

In response to this ever-growing need for online services and information, the Shoreview City Council recently approved an agreement with Vision Internet for a major redesign and hosting of both the City of Shoreview and Shoreview Community Center websites. An established government website developer, Vision Internet has developed more than 400 websites, including those for local cities Eden Prairie and Plymouth, Minnesota.

Mayor Sandy Martin commented that "our goal is to upgrade our two websites into effective communication tools with distinctive new looks. This website rebuild will provide Shoreview residents, visitors and businesses with

better access to information and other features through improved navigation and increased interaction with social media."

Behind the scenes, a new content management system and meeting agenda program will enable staff to effectively deliver more focused content. In addition, with improved access from smart phones and tablets, our redesigned website will offer more applications to allow mobile users greater ease of use.

The exciting redesign process will last approximately 8 months, with the new websites expected to launch late spring 2013.



### Carbon Monoxide Alarms: Required by Law

Minnesota State law requires all existing single-family homes to be equipped with approved carbon monoxide alarms.

Carbon Monoxide (CO) is a colorless, tasteless and odorless gas released from natural gas appliances, such as furnaces and hot water heaters. Proper installation and maintenance of CO detectors on each level of your home can prevent dangerous or even deadly hazards associated with this gas.



#### What should I look for when purchasing a CO detector?

- Easy to install and replace
- Protection from chronic, low-level CO exposure
- Protection from acute, lethal CO exposure
- Accurate measurement of CO
- Self-calibrating and self-zeroing
- Memory capability for past events
- Minimal interference from other pollutants and chemicals
- Digital readout of CO concentrations
- Portability: small size and light weight
- Easy-to-understand operating manual
- Clear instructions and warning tags on the unit

**REMEMBER:** CO detectors DO NOT function as smoke alarms – and smoke alarms DO NOT function as carbon monoxide detectors!

*Tip: When you are changing your clocks for Daylight Savings, change the batteries in your fire alarms and CO detectors.*





## Animal Licenses Are Online

### Need a pet license for your dog or cat?

There's a quick and easy way to apply for a pet license on the City of Shoreview website.

A convenient online application to renew or purchase a new pet license (for dogs, cats or pigs, which must be licensed through the City) can be found at <https://tools.shoreviewmn.gov/animals.php> or by visiting [www.shoreviewmn.gov](http://www.shoreviewmn.gov) and clicking on Resources and then visiting the Animals page.

The license cost is \$10.00, and payment must be made by credit card only. You will be required to provide rabies vaccination information and a copy of rabies certification, which can be uploaded online with the application, emailed or mailed to Shoreview City Hall.

Recently, a lost cat was found inside one of the restrooms at City Hall. We attempted to find its owner using our database of licensed pets – a good example of why it's so important to register and license your pets, and a great reason to provide the most up-to-date information, according to Jami Philip, Finance department.

For more information, call 651-490-4600 or email Jami at [jphilip@shoreviewmn.gov](mailto:jphilip@shoreviewmn.gov).

## CTV North Suburbs

CTV North Suburbs provides community television for the residents of ten cities, including Shoreview. CTV features programming by the community for the community – programs created by volunteers like you, your friends and neighbors. It's easy and fun! CTV provides training in video production, free use of equipment, and cable time on channels 14 and 15. To learn more, attend our free 1.5-hour orientation class, CTV 101. The class schedule is available at [www.CTVNorthSuburbs.org](http://www.CTVNorthSuburbs.org). For more information, call 651-792-7515.



## Channel 16 City Meeting Broadcast Schedule

### Channel 16 City Meeting Broadcast Schedule

Channel 16 provides access to government information through public meetings, including Shoreview City Council and Planning Commission meetings, as well as community events.

### Shoreview City Council Meetings

Live: Every first and third Monday of the month at 7 p.m.

Replays: Monday, Wednesday, Friday and Saturday at 12:30 p.m. and 7 p.m.

Tuesday, Thursday and Sunday at 12:30 a.m., 8 a.m. and 3 p.m.

### Shoreview Planning Commission Meetings

Live: Every fourth Tuesday of the month at 7 p.m.

Replays: Monday, Wednesday, Friday and Saturday at 12:30 a.m. and 8 a.m.

Tuesday, Thursday and Sunday at 7 p.m.

## Shoreview Garden Club

The Shoreview Community Garden Club meets at the Shoreview Community Center on the first Wednesday of the month at 7:00 pm. Experienced or beginners gardeners, all are welcome. Speakers talk on a wide range of gardening topics. Summer tours are held to gain information and ideas. A Spring Plant Sale is held with members contributing hardy plants from their gardens to raise money for speakers and activities during the year. For more information, call Sandi at 651-484-4341 or e-mail [sandilauer@comcast.net](mailto:sandilauer@comcast.net).



Find Us on Facebook

[www.facebook.com/cityofshoreview](http://www.facebook.com/cityofshoreview)

## Snow Plowing Season Is Just Around the Corner: Are You Ready?

### Driveways

When it comes to snow removal from public streets, one of the most common frustrations is the snow deposited in driveways during plowing operations. Unfortunately, snow accumulated on the plow blade has no other place to go but in the boulevard areas – including driveways. The plow drivers make every attempt to minimize the snow deposited in driveways, but the amount can still be significant.

Regardless, the City does not have the resources to provide private driveway cleaning after plowing public roads. Property owners should also use the (non-improved) boulevard areas for storage of snow blown or thrown from their driveways and private sidewalks.

Municipal Code 211.060 (D) states: “No person, by whatever means, shall deposit snow on the improved portion of publicly dedicated street, alley, sidewalk, bike path, trail way or parking lot.”



### Sod and Sprinkler Systems

If you want to protect your yard from possible snow plowing damage, stake out your yard along the curb line with flexible driveway markers with reflectors.

Despite the plow operator’s best efforts, sod along the edge of the road may occasionally become damaged during snow removal activities. In general, the City will repair boulevard sod damaged by snow plows or trucks. The City will not be responsible for damage to underground irrigation systems and landscaping within the City’s right-of-way.

### Ten Tips for Surviving this Winter’s Plowing Season

Fortunately, last winter was not too great of a challenge – in contrast to Minnesota’s second-snowiest winter on record during the 2010-2011 season. To survive anything like that – and most winter plowing seasons here – it is essential to have a little patience and a cooperative attitude. When we as citizens, plowing contractors, and city crews work together, we reduce many frustrations that typically accompany winter snowstorms. There are plenty of things residents can do to minimize plow-related problems for

themselves, and to ensure that city crews do the most effective job possible. Just follow the “Top 10 Tips” for the season:

1. Observe Shoreview’s parking regulations: Don’t park your car on any city street between the hours of 2 a.m. – 5 a.m., or after a two-inch snowfall. This ensures more effective plowing – and helps you avoid a citation.
2. Before cleaning the end of your driveway, wait until the plow trucks have completed your street. City plows are designed to discharge snow to the sides of the road and are not capable of skipping driveway areas.
3. Snow from the bottom of your driveway should be shoveled to the right, as you are facing the street. This will reduce the amount of snow placed back into the driveway during the next plowing.
4. Residents hiring contractors to plow their driveways should remind them about state and local laws that prohibit pushing or placing snow back into or across the street. Doing so not only creates hazards for drivers, but also makes it difficult for the city to keep the streets clean.
5. Clear snow from their mailbox area after each plowing. Snow that remains in front of the mailboxes will get compacted by post office vehicles and make subsequent plowing less effective.
6. If trash/recycling pickup day coincides with plowing activities, make sure your trash can and recycling bin are well behind the curb or in the driveway, so the plow will not hit them.
7. Residents who have experienced sod damage in the past may wish to mark their yard line with flexible stakes or lathe. This will help the plow operators avoid future damage.
8. Don’t allow children to build snow forts and tunnels in the snow banks adjacent to the curb, or to play near the curbs. It can be difficult for the plow operators to see children.
9. Keep sleds and toys away from the street.
10. Locate the hydrant near your home and keep snow shoveled away from it so that fire hydrants are accessible in case of emergency.



## Helpful Housing Services — An Interview with the HousingResource™ Center

The HousingResource Center™ (HRC) is a program that provides helpful housing services for local communities. Shoreview residents can receive extensive, high-quality and individualized assistance with their home improvement and home financing needs. Many of these services are provided at no cost, including:

- Loan information
- First Time Home Buyer assistance
- Assistance with construction management
- Homeownership assistance
- Administration of residential loan programs

The HousingResource Center answered a few frequently-asked questions about what they do and the programs they offer to Shoreview residents:



### What advice do you have for residents who may be unsure about using the HousingResource Center?

We encourage residents to call us to let us know what type of housing services they need. We can let them know what we offer directly, or refer them to other resources if they need something we don't provide. The City of Shoreview funds us to be a cost-free resource to its residents. We want people to feel comfortable contacting us. They don't have to feel awkward if they aren't sure what they want to do. We are here to help. We aren't selling anything, so no one needs to worry that they will be talked into anything. Everyone is treated with respect and understanding, and we are delighted if we can be of assistance. Sometimes people are ready to take action, and at other times people are just beginning to think about a project. It doesn't matter where people are in the process – we will work with them at whatever stage they are.

### Do you have to be of a certain income level to use the services that are offered?

Income qualifications vary by program. The Housing Resource Center is a source of information and referrals on a wide range of housing issues and provides construction consultations. The latter can include a site

visit if homeowners want advice or guidance on a home improvement project, a written scope of work to give contractors for bidding purposes, assistance with identifying a reputable contractor, or help in reviewing bids. Information, referrals and construction consultations are at no cost to Shoreview residents. All residents are eligible for these services, regardless of income.

The HousingResource Center also administers several home improvement loan programs, including the Shoreview Home Energy Loan Program. Some of these programs are funded by the county or the state.

### What do you see as the greatest benefit of the HousingResource Center to the Shoreview community?

We are a community-based program that is easily accessible for Shoreview residents. Frequently, people have questions about home improvements or are seeking some type of assistance, but have no idea where to begin. We bring many resources under one roof. We are also trustworthy. We are not contractors; we do not have anything to sell. Our only interest is in learning the needs of the callers and helping them to access programs and services that best fit their needs.

The HRC is located in the historic Lepak-Larson House at 1170 Lepak Court in Shoreview. You may contact the Center at (651) 486-7401. Additional information can also be found at their website: [www.housingresourcecenter.org](http://www.housingresourcecenter.org).

## More Resources

### Home Energy Squad

The Home Energy Squad is an innovative service from Xcel Energy and CenterPoint Energy to help you save time, energy and money. Visit [www.homeenergysquad.net](http://www.homeenergysquad.net) or call 866-222-4595 for more information.

### Shoreview Home Energy Improvement Loan

The City of Shoreview offers a home energy improvement loan of up to \$20,000 to qualified residents to make energy upgrades to single-family detached homes. Eligible improvements include energy efficient heating and cooling systems, insulation, windows, doors, water heaters and roof replacements. Visit [www.housingresourcecenter.org](http://www.housingresourcecenter.org) for more information or call the Housing Resource Center (651) 486-7401. You can also stop by and visit the HRC at 1170 Lepak Ct.



## Ten No-Cost Winter Energy Saving Tips

Saving energy (and money) in your home doesn't have to require a major financial or time investment. Some of these simple tips will save you a substantial amount of money, while others – maybe just a few dollars. But, after adding them up, you could reduce your annual energy bill significantly by 25 percent or more.



**1. Start by setting your thermostat lower.** If you currently keep your thermostat at 70 degrees and spend \$800 a year to heat your home, you could save around \$150 to \$250 by reducing your normal setting to 65 degrees and setting it back an additional 10 degrees at night and while you're away.

**2. Set your water heater to 120 degrees.** Your water heater won't have to work so hard if it's set at a lower temperature. The temperature control settings on water heaters either indicate "low, medium, and high," or actual temperature settings. Consider simply turning down your water heater to a slightly cooler setting to reduce the amount of energy used to heat the water, while still keeping it warm enough for home use.

**3. Open south-facing windows to warm your home during the day.** This solar heat gain from daytime sunlight can conserve valuable energy. At night, close window coverings to retain heat. Up to 15 percent of your heat can escape through unprotected windows.

**4. If you have a washing machine, use cold water.** According to ENERGY STAR, washing clothes in cold water will save you about \$40 a year with an electric water heater, and about \$30 a year with a gas water heater.

**5. Close the fireplace damper when not in use.** Traditional fireplaces can waste energy: It's best not to use them, because they pull heated air out of the house and up the chimney. When not in use, make sure the damper is closed.

**6. Lock windows.** It tightens the seal, preventing heat from leaking out.

**7. Don't use the dry cycle on your dishwasher.** This could save half the energy your dishwasher uses.

**8. Rearrange your rooms.** Don't sit in the draft: Move your furniture around so you are sitting near interior walls. Exterior walls and older windows are likely to be drafty.

**9. Eliminate wasted energy.** Turn off lights in unoccupied rooms. Unplug that spare refrigerator in the garage if you don't truly need it – this seemingly convenient way to keep extra drinks cold adds 10 to 25 percent to your electric bill. Turn off kitchen and bath ventilating fans after they've done their job – these fans can blow out a house-full of heated air if accidentally left on.

**10. Plug "leaking energy" in electronics.** Many new TVs, VCRs, chargers, computer peripherals and other electronics use electricity even when they are switched "off." Although these "standby losses" are only a few watts each, they add up to more than 50 watts in a typical home that is consumed all the time.

## Rental Housing Licenses

The City of Shoreview has established a licensing program requiring property owners who own rental housing to obtain a license. This program applies to single-family attached or detached homes, townhomes, mobile homes and multi-family dwelling units that are being used as rental properties.

Licensing enables the community to ensure that these units and properties are maintained and used in accordance with the City's standards. This program supports the City's goal of preserving stable neighborhoods and property values.



Licenses are issued annually and must be renewed each year if the property continues to be used as a rental housing unit. To obtain or renew a license, please call Brent Marshall, Housing and Code Enforcement Officer at 651-490-4687 or visit our website at [www.shoreviewmn.gov](http://www.shoreviewmn.gov).

## A Real Example of Home Energy Efficiency

*John Suzukida, Shoreview Environmental Quality Committee Member, shares his experiences and insights about actual changes he made in his home to effectively save energy and money.*

How much energy can be saved in your home? Practically speaking, there's no one answer of course. But this article will give you a sense – using my own home as an example – with actual results, after several years of focusing on reducing energy use.

Built in 1987, my home is a two-story structure measuring 2,350 square feet, plus 800 square feet finished in basement. It was built with 2 x 6 exterior walls and ~R38 attic insulation.

I took these energy efficiency actions: Adding triple pane windows, changing light bulbs to either CFL (Compact fluorescent) or LED, installing a geothermal heat pump and 12 Solar photovoltaic panels for a total of 2.82 kilowatts of generation potential.

The graph below shows three results: Total house energy use, natural gas use, and electrical energy use. Total energy use in the home dropped about 60 percent, comparing 2011 to the baseline years 2004-2005. Electrical consumption dropped 25 percent in the 2007 to 2009 time period, due to changing out incandescent light bulbs. The geothermal heat pump was added in August 2010, and the effect was immediate in dropping gas use in 2010 and 2011: The total reduction in gas use was about 90 percent, since the dryer and hot water heater were the only users of gas, after removing the gas furnace. Since a geothermal heat pump uses electricity, the electricity use started to climb in 2010 and 2011, but the total of gas plus electricity continued its dramatic decrease.

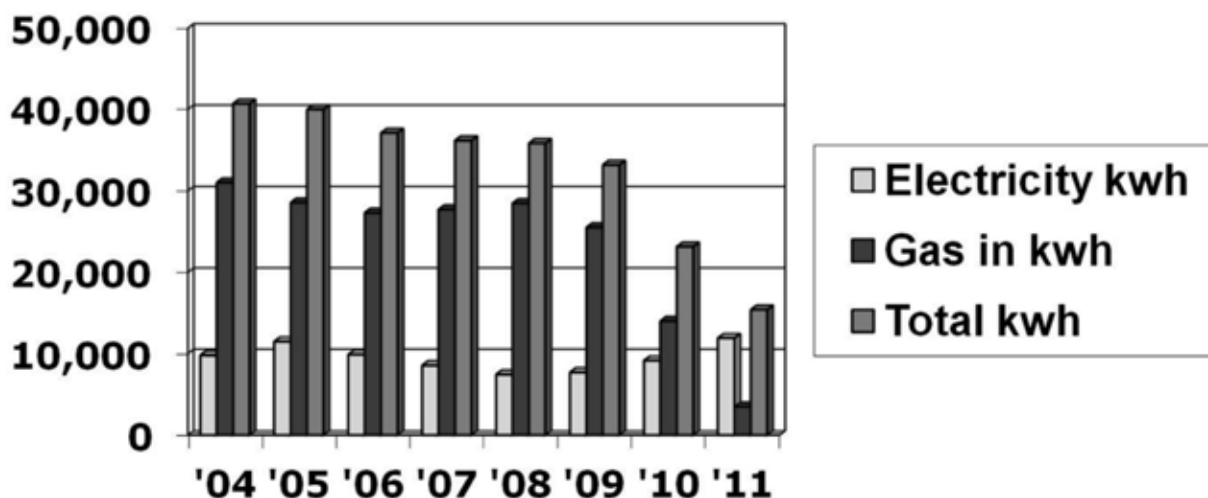
Since 2012 is not yet complete, and solar panel use was started in May, the prediction for 2012 is based on historical usage and solar energy generated trends from May to September. Over a full year, the total reduction in energy consumed by the house will approach 75 percent, and the solar panels will generate about 4,500 kwh/year.

So, what's possible for your home? Generally, geothermal heat pumps are expensive for suburban types of lots, mostly due to the need to drill many deep wells. But the other three changes made—adding triple pane windows, changing the lighting and installing solar panels—were all done with no “industry insider ties.”

- Changing from incandescent light bulbs to CFLs\*/LEDs dropped electrical consumption by about 25 percent immediately.
- Preliminary results from adding solar panels is that they're producing about 40 percent of the total electrical energy used at about a 13.5 year payback at current energy prices.
- Unfortunately, I didn't capture data before adding triple pane windows 11 years ago, but the cost at that time was \$50 per window, and the insulation factor doubled compared to standard double pane windows.

The bottom line: With a conventional 25-year-old home built to then-current codes, it's possible to make significant reductions to energy consumption. In this case, I gained an overall savings of 31 percent. As mentioned in the Home Energy Audits article published in the July/August 2012 issue of *ShoreViews*, the best starting point is to sign up for a Xcel Energy audit and change out all incandescent bulbs as soon as possible.

*\*Note that CFLs must be disposed of properly since they contain mercury—many stores and Ramsey County Hazardous Waste facilities accept returns.*



## Frequently Asked Questions: Lake Johanna Fire Department

### Do I need a permit for a recreational fire?

No, a permit is not required for a recreational fire in the City of Shoreview. However, please visit [www.LJFD.org](http://www.LJFD.org) and see the *Rules for Recreational Fires* which are found in the Recreational Fire section of the Fire Safety page.

Fire Safety section, or contact Rick Current, LJFD Fire Marshal, at 651-481-7024. You can also email him at [rcurrent@ljfd.org](mailto:rcurrent@ljfd.org) with the following information:

- Type of event
- Date and time of event
- Location of event (If the event is to be at one of the Fire Stations, please indicate which station is desired.)
- Contact name and phone number
- Approximate number of children/adults attending

### How many smoke detectors do I need in my house?

A smoke detector should be in every bedroom, outside each sleeping area and on every level of the home, including the basement. For further information, please visit [www.LJFD.org](http://www.LJFD.org) and see the *Smoke Alarm Safety* sheet on the Fire Safety page, under Indoor Safety.

### Where should I install my carbon monoxide detector?

CO Alarms should be installed in a central location outside each sleeping area and on every level of the home. For further information, please see the *Carbon Monoxide Safety* sheet at [www.LJFD.org](http://www.LJFD.org) on the Fire Safety page, under Indoor Safety.

### How do I request a station tour or Public Relations event?

To schedule a station tour or other PR event, go to [www.LJFD.org](http://www.LJFD.org) and submit a *PR Event Request* found in the

## At Midnight, What Does Your Pumpkin Turn Into?

The goblins are gone, the treats are eaten. Now there's one more Halloween clean-up chore – putting your pumpkins in their proper place.

Pumpkins, jack-o-lanterns and other yard waste make great compost. Remove all candles and hardware, toss them in your backyard compost bin, and let them decompose over the winter.

Or you can take your pumpkins, jack-o-lanterns, corn stalks and hay bales to the free Ramsey County yard waste site in White Bear Township. Call them at 651-633-EASY (3279) or find more information at the Ramsey County website: Under *Health and Environment*, select *Home & Yard*, and then click on *Yard Waste Collection Sites* under *Brush & Yard Waste*.

### City of Shoreview's Licensed Tree Contractors

To protect homeowners, the City requires tree contractors to provide valid bonding and general liability insurance. The City keeps a current list, "2012 Licensed Tree Contractors," on its website at [www.shoreviewmn.gov](http://www.shoreviewmn.gov) – go to *Resources*, then *Natural Resources and Environment*, and the link is under *Forestry*. Or you can call the Environmental Officer at 651-490-4665 for a copy.

The City does not endorse any of the contractors, and always encourages receiving multiple quotes and checking references. The City does have prices negotiated with one contractor, which residents can utilize for tree and stump removal. These contracts will be available annually, based on competitive prices submitted by the tree contractors.

### Annual Tree Sale Returning to Shoreview Soon




Watch for the next *ShoreViews* issue in January for our 2013 Tree Sale order form. The City will be bringing back its tree sale, which allows residents to purchase a variety of trees at wholesale prices. Order forms and checks will be due in March, and the trees will be delivered by City crews in May. Residents can then plant the tree(s).







NOVEMBER 2012

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
(CC) Council Chambers (UC) Upper Conference Room (LC) Lower Conference Room (MC) Maintenance Center		(SP) Shoreview Pavilion (CCPL) Comm. Center Parking Lot (SCC) Shoreview Community Center (SCP) Shoreview Commons Park		1 <b>Bikeways And Trails Committee</b> 7 pm, LC 	2	3
4	5 <b>City Council Meeting</b> 7 pm, CC	6	7	8	9	10
11 	12 <b>City Offices Closed</b>	13 <b>Economic Dev. Authority</b> 5 pm, CC <b>Council Workshop</b> 5:30 pm, CC	14	15 <b>Public Safety Committee</b> 7 pm, LC	16	17
Recycling Week November 12-16						
18	19 <b>City Council Meeting</b> 7 pm, CC <b>Holiday Lighting</b> 6 pm, SCC	20 <b>Economic Dev. Comm.</b> 7:30 am, UC	21 <b>Human Rights Commission</b> 7 pm, CC	22 <b>City Offices Closed</b>	23 <b>City Offices Closed</b>	24
25 	26 <b>Environmental Quality Committee</b> 7 pm, CC	27	28	29	30	
Recycling Week November 26-30						

DECEMBER 2012



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3 <b>City Council Meeting</b> 7 pm, CC	4	5	6 <b>Bikeways And Trails Committee</b> 7 pm, LC	7	1 / 8
9 	10 <b>Economic Dev. Authority</b> 5 pm, CC <b>Council Workshop</b> 7 pm, CC	11	12	13	14	15
Recycling Week December 10-14						
16	17 <b>City Council Meeting</b> 7 pm, CC	18 <b>Economic Dev. Comm.</b> 7:30 am, UC <b>Planning Comm.</b> 7 pm, CC	19 <b>Human Rights Commission</b> 7 pm, CC	20	21	22
23 	24 <b>City Offices Closed</b>	25 <b>City Offices Closed</b>	26	27	28	29
Recycling Week December 24-29						
30	31 <b>Family New Year's Eve Party</b> 6-9 pm, SCC	(CC) Council Chambers (UC) Upper Conference Room (LC) Lower Conference Room (MC) Maintenance Center (SP) Shoreview Pavilion (CCPL) Comm. Center Parking Lot (SCC) Shoreview Community Center (SCP) Shoreview Commons Park				

\*\*\* Meeting dates/times/locations are subject to change. For more current information visit [www.shoreviewmn.gov](http://www.shoreviewmn.gov) or call 651.490.4600.

## JANUARY 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<sup>1</sup> City Offices Closed	<sup>2</sup>	<sup>3</sup> Bikeways And Trails Committee 7 pm, LC	<sup>4</sup>	<sup>5</sup>
<sup>6</sup> 	<sup>7</sup> City Council Meeting 7 pm, CC	<sup>8</sup>	<sup>9</sup>	<sup>10</sup>	<sup>11</sup>	<sup>12</sup>
Recycling Week January 7-11						
<sup>13</sup>	<sup>14</sup> Economic Dev. Authority 5 pm, CC Council Workshop 7 pm, CC	<sup>15</sup> Economic Development Commission 7:30 am, UC	<sup>16</sup>	<sup>17</sup> Public Safety Committee 7 pm, LC	<sup>18</sup>	<sup>19</sup>
<sup>20</sup> 	<sup>21</sup> City Offices Closed	<sup>22</sup> Planning Commission 7 pm, CC	<sup>23</sup> Human Rights Commission 7 pm, CC	<sup>24</sup> Parks and Recreation Commission 7 pm, CC	<sup>25</sup>	<sup>26</sup>
Recycling Week January 21-25						
<sup>27</sup>	<sup>28</sup> Environmental Quality Committee 7 pm, CC	<sup>29</sup>	<sup>30</sup>	<sup>31</sup>		

## FEBRUARY 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
(CC) Council Chambers (UC) Upper Conference Room (LC) Lower Conference Room (MC) Maintenance Center		(SP) Shoreview Pavilion (CCPL) Comm. Center Parking Lot (SCC) Shoreview Community Center (SCP) Shoreview Commons Park			<sup>1</sup>	<sup>2</sup>
<sup>3</sup> 	<sup>4</sup> City Council Meeting 7 pm, CC	<sup>5</sup>	<sup>6</sup>	<sup>7</sup> Bikeways And Trails Committee 7 pm, LC	<sup>8</sup>	<sup>9</sup>
Recycling Week February 4-8						
<sup>10</sup>	<sup>11</sup> Economic Dev. Authority 5 pm, CC Council Workshop 7 pm, CC	<sup>12</sup>	<sup>13</sup>	<sup>14</sup>	<sup>15</sup>	<sup>16</sup>
<sup>17</sup> 	<sup>18</sup> City Offices Closed	<sup>19</sup> Economic Dev. Comm. 7:30 am, UC	<sup>20</sup>	<sup>21</sup>	<sup>22</sup>	<sup>23</sup>
Recycling Week February 18-22						
<sup>24</sup>	<sup>25</sup> Environmental Quality Committee 7 pm, CC	<sup>26</sup> Planning Commission 7 pm, CC	<sup>27</sup> Human Rights Commission 7 pm, CC	<sup>28</sup> Parks and Recreation Commission 7 pm, CC		

**City of Shoreview**

www.shoreviewmn.gov  
 Phone 651.490.4600  
 Parks & Recreation 651.490.4750  
 Shoreview Comm. Center 651.490.4700

**Communications****Access Shoreview**

Get our free electronic newsletter delivered after every Council meeting with recent City Council actions, City news and community events. For more information visit [www.shoreviewmn.gov](http://www.shoreviewmn.gov)

**Legal Notices**

All Legal Notices will soon be posted on our website.

**Shoreview Area Library**

4750 Victoria Street North  
 Shoreview, MN 55126  
 Phone: 651.486.2300  
[www.ramsey.lib.mn.us](http://www.ramsey.lib.mn.us)

**Federal Elected Officials****U.S. Senator Amy Klobuchar**

1200 Washington Avenue South, Suite 250  
 Minneapolis, MN 55415

**U.S. Senator Al Franken**

320 Hart Senate Office Building  
 Washington, DC 20510  
[Info@Franken.Senate.Gov](mailto:Info@Franken.Senate.Gov)

**U.S. Representative Betty McCollum**

165 Western Avenue North  
 Suite 17  
 St. Paul, MN 55102  
[www.house.gov/mccollum/contact.html](http://www.house.gov/mccollum/contact.html)

**State Elected Officials****Governor Mark Dayton**

130 State Capitol  
 75 Rev. Martin Luther King Jr. Blvd.  
 St. Paul, MN 55155  
[Mark.dayton@state.mn.us](mailto:Mark.dayton@state.mn.us)

**State Elected Officials, cont.****State Senator John Marty-District 54**

323 State Office Building  
 St. Paul, MN 55155  
[Sen.john.marty@senate.mn](mailto:Sen.john.marty@senate.mn)

**State Senator Barb Goodwin-District 50**

100 Rev. Dr. Martin Luther King Jr. Blvd.  
 St. Paul, Mn 55155  
[Sen.barb.goodwin@senate.mn](mailto:Sen.barb.goodwin@senate.mn)

**State Senator Roger Chamberlain-District 53**

75 Rev. Dr. Martin Luther King Jr. Blvd.  
 St. Paul, MN 55155  
[Sen.roger.chamberlain@senate.mn](mailto:Sen.roger.chamberlain@senate.mn)

**State Rep. Kate Knuth-District 50B**

429 State Office Building  
 St. Paul, MN 55155  
[Rep.kate.knuth@house.mn](mailto:Rep.kate.knuth@house.mn)

**State Rep. Bev Scalze-District 54B**

357 State Office Building  
 St. Paul, MN 55155  
[Rep.bev.scalze@house.mn](mailto:Rep.bev.scalze@house.mn)

**State Rep. Linda Runbeck-District 53A**

100 Rev. Dr. Martin Luther King Jr. Blvd.  
 St. Paul, MN 55155  
[Rep.linda.runbeck@house.mn](mailto:Rep.linda.runbeck@house.mn)

**County Elected Officials****Ramsey County Commissioner Tony Bennett**

City Hall-220 Courthouse  
 15 W. Kellogg Boulevard  
 St. Paul, MN 55102  
 651.266.8350  
[Tony.Bennett@co.ramsey.mn.us](mailto:Tony.Bennett@co.ramsey.mn.us)

**Post Office**

4390 McMenemy Street  
 Vadnais Heights, MN 55127  
 Phone: 651.481.1951

**Animal Control**

If you wish to report a lost or found pet, animal complaints or wandering pets, call the Ramsey County Sheriff's Office non-emergency number at 651.484.3366. For other emergencies call 911.

All impounded animals will be impounded at the following location:

Hillcrest Animal Hospital

1320 Highway 61

Maplewood, MN 55109

651.484.7211

Mon, Wed and Fri 8 A.M. – 6 P.M.

Tues and Thurs 8 A.M. – 8 P.M.

**Police**

Police protection is provided by the Ramsey County Sheriff's Department. The District Office is located at 1411 Paul Kirkwood Drive, Arden Hills, MN 55112.

**For non-emergencies call**

**651.484.3366**

**For emergencies call 911**

**Fire**

**For emergencies call 911**

**Dispatch, Non-emergency**  
**651.767.0640**

Lake Johanna Fire Department  
 Fire Chief, Tim Boehlke  
 651.481.7024  
[ljfd@ljfd.org](http://ljfd@ljfd.org)

**Ambulance & Paramedic**

Ambulance and paramedic services are provided by Allina Medical Transportation.

**For emergencies call 911**

**Hours:**

Mon. .... 10 A.M. – 8:30 P.M.

Tues. & Wed. .... 1:30 P.M. – 8:30 P.M.

Thurs., Fri., & Sat. .... 10 A.M. – 5 P.M.

Sun. .... noon – 5 P.M.

FOR INFORMATION CALL 651-490-4600



# COMMUNITY CENTER

## GENERAL INFORMATION AND HOURS

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The Shoreview Community Center offers numerous activities that will make you feel more **ENERGIZED**, more **ENGAGED**, more **PRODUCTIVE** and can actually improve the **QUALITY OF YOUR DAILY LIFE**.



### Call for More Information

Community Center Information  
**651-490-4700**  
 Recreational Programs (classes)  
**651-490-4750**  
 Rental Information  
**651-490-4790**  
 City Information  
**651-490-4600**  
[www.ShoreviewCommunityCenter.com](http://www.ShoreviewCommunityCenter.com)

### Daily Fees

Includes admission to the Tropics Indoor Waterpark, Indoor Playground, Fitness Center, Gymnasium and Indoor Track.

	Rate	Shoreview Resident
<b>Daily Pass</b>		
Adult (18 and over).....	\$ 9.45.....	\$ 7.90
Youth (1 to 17; under age 1 free with paying adult) .....	\$ 8.40.....	\$ 6.90
Family* (2 adults + children living in same household) .....	\$ 33.20.....	\$ 26.60
Seniors (65 and older) .....	\$ 8.40.....	\$ 6.90

\*Family pass is limited to six individuals living in same household. Each additional person is \$4.29.

**Indoor Playground Only** (ages 1 to 12) ..... \$ 5.00..... \$ 5.00

### Coupon Books (Includes 10 daily passes)

Adult .....	\$ 84.70.....	\$ 71.00
Youth/Senior.....	\$ 75.60.....	\$ 61.70
Playground .....	\$ 46.00.....	\$ 46.00

### Senior Track Discount (65 and over – for track use only)

Per visit.....	\$ 4.35.....	\$ 3.32
Punch card.....	\$ 35.00.....	\$ 27.35

Fees are subject to change. We welcome payment by Visa and MasterCard.

All rates above include sales tax.



### Hours

	Community Center	Waterpark**	Playground
Mon & Wed	5:00 A.M. – 10:00 P.M.	4:00 – 8:00 P.M.	8:00 A.M. – 8:00 P.M.
Tues & Thurs	5:00 A.M. – 10:00 P.M.	6:00 – 9:00 P.M.	8:00 A.M. – 8:00 P.M.
Friday	5:00 A.M. – 10:00 P.M.	4:00 – 9:45 P.M.	8:00 A.M. – 8:00 P.M.
Saturday	6:00 A.M. – 8:00 P.M.	Noon – 7:45 P.M.	8:00 A.M. – 8:00 P.M.
Sunday	6:00 A.M. – 8:00 P.M.	Noon – 6:00 P.M.	8:00 A.M. – 6:00 P.M.

### Holiday Hours

Call 651-490-4700 for specific information.			
November 22	5:00 A.M. – 4:00 P.M.	Noon – 3:45 P.M.	8:00 A.M. – 4:00 P.M.
December 24	5:00 A.M. – 4:00 P.M.	Noon – 3:45 P.M.	8:00 A.M. – 4:00 P.M.
December 25	Closed	Closed	Closed
December 31	5:00 A.M. – 4:00 P.M.	Noon – 3:45 P.M.	8:00 A.M. – 4:00 P.M.
January 1	8:00 A.M. – 10:00 P.M.	Noon – 9:00 P.M.	8:00 A.M. – 8:00 P.M.
January 21	5:00 A.M. – 10:00 P.M.	Noon – 8:00 P.M.	8:00 A.M. – 8:00 P.M.
February 18	5:00 A.M. – 10:00 P.M.	Noon – 8:00 P.M.	8:00 A.M. – 8:00 P.M.

\*\*The waterpark has extended hours on most school release days. Please see our website for specific holiday hours.

### Lap Swim Hours

Lap swim is available at various times throughout the week. See the service desk for a schedule or view it on our website at [www.shoreviewcommunitycenter.com](http://www.shoreviewcommunitycenter.com).

### Kids Care

Child care is available for patrons of the Community Center. See page 44 for details.

### Drop-in Volleyball

Rate: daily admission or free to members.	
Mon, Tues, Thurs	12:00 P.M. – 1:00 P.M.
Sunday	8:00 A.M. – Noon

### Drop-in Pickleball

Rate: daily admission or free to members.	
Wed and Fri	8:00 A.M. – 11:00 A.M. beginning Dec. 5



# COMMUNITY CENTER

## MEMBERSHIP FEES AND BENEFITS

### Membership Fees

	Rate*	Shoreview Resident*
<b>Annual Membership<sup>1</sup></b>		
Family .....	\$ 734.00.....	\$ 580.00
Dual .....	\$ 645.00.....	\$ 515.00
Adult .....	\$ 432.00.....	\$ 335.00
Youth/Senior .....	\$ 345.00.....	\$ 274.00

<b>Annual Membership Billed Monthly<sup>1</sup></b> (With one year membership agreement)		
Family .....	\$ 66.70 .....	\$ 54.70
Dual .....	\$ 58.00 .....	\$ 49.60
Adult .....	\$ 40.50 .....	\$ 32.80
Youth/Senior .....	\$ 35.00 .....	\$ 27.40

<sup>1</sup>There is a membership cancellation fee of \$100 prior to completion of 1-year contract.

#### Seasonal Membership (Three month)

Family .....	\$ 285.00.....	\$ 230.00
Dual .....	\$ 263.00.....	\$ 208.00
Adult .....	\$ 186.00.....	\$ 142.00
Youth/Senior .....	\$ 142.00.....	\$ 115.00

\*Sales tax is included in price.

Persons aged 65 and older qualify for the Senior Citizen discounted rate. Youth are 17 and under. Dual Membership is two people residing in the same household. Family consists of 2 adults + children under 23 living in same household. Proof of dual and family member qualification is required.

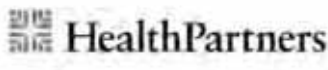
Fees are subject to change. We welcome payment by Visa and Mastercard.  

#### Membership questions?

Contact Guest Services at **651-490-4739**.

### Membership Fees Credits

The Shoreview Community Center participates with the following insurance companies, which offer monthly reimbursements up to \$20 toward qualifying annual memberships. Eligibility and workout requirements vary. Please visit our Guest Services Office for more information, or call 651-490-4739. **Direct Deposit Now Available!** Your insurance reimbursements can be directly deposited into your bank account. See our Guest Services office for forms.



### Annual Membership Includes Unlimited Use Of:

- Fitness Center (14 years and older. Ages 12 and 13 must complete Teen Equipment Orientation)
- 30% off Group Fitness Classes
- Tropics Indoor Waterpark
- Tropical Adventure Indoor Playground
- Indoor Track (14 years and older)
- Basketball Courts
- Whirlpool (Adults 18 years and older)
- \$1 per hour per child Kids Care rate
- For non-residents, a special recreation program Registration Day and the ShoreViews mailed to your home.



### NEW First Time Annual Members also receive:

Special **Experience Us** book, which includes

- 1 family guest pass
- 1 adult guest pass
- 2 fitness drop-in class passes
- 1 Wave Cafe coupon
- 1 Kids Care sampler card
- 10% off Personal Training packages of 3 or more sessions
- 1 playground pass

**Experience Us** book is designed to encourage new members to experience all the amenities the Community Center has to offer.



## TROPICS INDOOR WATERPARK

### Waterpark Hours

Monday & Wednesday 4:00 – 8:00 P.M.  
 Tuesday & Thursday ... 6:00 – 9:00 P.M.  
 Friday ..... 4:00 – 9:45 P.M.  
 Saturday..... 12:00 – 7:45 P.M.  
 Sunday..... 12:00 – 6:00 P.M.

### Holiday & School's Out Hours

December 24..... Noon – 3:45 P.M.  
 December 25..... Closed  
 December 31 ..... Noon – 3:45 P.M.  
 December 26-27 ..... Noon – 9:00 P.M.  
 December 28..... Noon – 9:45 P.M.  
 December 31 ..... Noon – 3:45 P.M.  
 January 1 ..... Noon – 9:00 P.M.  
 January 21 ..... Noon – 8:00 P.M.  
 January 25 ..... Noon – 9:45 P.M.  
 January 28..... Noon – 8:00 P.M.  
 February 18..... Noon – 8:00 P.M.  
 March 14..... Noon – 9:00 P.M.  
 March 15..... Noon – 9:45 P.M.  
 March 18-21 ..... Noon – 9:00 P.M.  
 March 22..... Noon – 9:45 P.M.

The water park has extended hours on most school release days and during the summer. Please see our website for specific holiday hours.



We can fill your day with endless fun as you enjoy a tropical getaway at Tropics Indoor Waterpark.

Come experience our crystal clear water with our Sphagnum Moss water enhancement system. This green system has improved our water quality, clarity, and as well a reduction in chlorine use. It makes for a more natural swimming experience as the Sphagnum Moss treated water is better on your skin, hair, swim suit and best of all your eyes.

Riders of Shark Attack waterslide will be able to experience our one of a kind jukebox system. Riders will be able to choose from over 100 songs and enjoy a custom light and music show while they twist and turn down our thrilling slide.

*Nothing can replace close adult supervision when using the pool. All children six years and under must be supervised by a paid adult swimmer. Supervisory adult must be within arm's reach of the child at all times.*

### Pool Information

- For our guests' safety, our lifeguards participate in ongoing training. Part of this training includes the use of life-like mannequins as a simulation device.
- Coast-Guard approved lifejackets are allowed when a swimming adult is present within arm's reach. Arm flotation and flotation swimming suits are prohibited.
- Pool is open for general use during most hours that the Community Center is open. However, classes may be in session or pool amenities may be unavailable.
- Boys need to be 4 years old and under to be in the women's locker room, girls need to be 4 years old and under to be in the men's locker room with an adult. Please use the family locker rooms with opposite gender children age 5 and older.
- Complete pool and lap swim schedules are available at the service desk.
- For a complete list of Tropics Indoor Waterpark rules go to [www.ShoreviewCommunityCenter.com](http://www.ShoreviewCommunityCenter.com)



**DIVE-IN MOVIE  
 JANUARY 25, 7 P.M.**



## TROPICAL ADVENTURE INDOOR PLAYGROUND

Come **CRAWL** through the caves, **SWING** through the jungle, slip down the waterfall **SLIDE**, and **SCREAM** down the five level spiral slide!



Monday - Saturday.....8:00 A.M. - 8:00 P.M.  
Sunday.....8:00 A.M. - 6:00 P.M.

Daily visit \$5.00 per child, ages 1-12

**FREE! to members**

### General Information

- Wristbands and socks are required
- The playground is an unsupervised area
- Parents and guardians are responsible for supervision of their children
- Children 6 and under must be accompanied by an adult
- Groups visiting the playground are posted at the entrance each week
- For information about **reserving space for your group**, call 651-490-4790.

*See page 18 for  
holiday hours!*



## SPEND YOUR BIRTHDAY IN THE TROPICS



### It's a PIECE of CAKE!

Make your child's  
birthday party special!

Celebrate at the Tropics  
Indoor Waterpark and Tropical  
Adventure Indoor Playground.

Choose one of our birthday  
party packages and let us do  
the work! We are committed  
to making your child's birthday  
a fun and memorable event.

**Call 651-490-4790 to  
reserve your party  
package today!**



Coconut Cove – Private Party Room

### TROPICAL PACKAGE - CAKE DEAL

Rate\*: \$136; \$128 Shoreview Resident for up to 8 children.

Each additional child \$17; \$16 Shoreview Resident

- Full day use of Tropics Waterpark and Tropical Adventure Indoor Playground
- 90 minutes in Beachcomber Bay, our shared poolside birthday party room
- Personalized birthday cake and ice cream, pop or juice box, birthday plates, napkins, cups, and balloons
- T-shirt and card for birthday child
- Large locker to store bags and gifts while you are enjoying the pool and playground

### TROPICAL PACKAGE - MEAL DEAL

**BEST  
VALUE!**

Rate\*: \$160; \$152 Shoreview Resident for up to 8 children

Each additional child \$20; \$19 Shoreview Resident

- Includes everything in the Tropical Package Cake Deal plus your choice of hot-dog or corndog with chips, or pizza

### ADVENTURE PACKAGE - CAKE DEAL

Rate\*: \$120; \$112 Shoreview Resident for up to 8 children

Each additional child \$15; \$14 Shoreview Resident

- Full day use of Tropical Adventure Indoor Playground
- 90 minutes in Beachcomber Bay, our shared poolside birthday party room
- Personalized birthday cake and ice cream, pop or juice box, birthday plates, napkins, cups, and balloons
- T-shirt and card for birthday child
- Large locker to store bags and gifts while you are enjoying the playground

### ADVENTURE PACKAGE - MEAL DEAL

Rate\*: \$144; \$136 Shoreview Resident for up to 8 children

Each additional child \$18; \$17 Shoreview Resident

- Includes everything in the Adventure Package Cake Deal plus your choice of hot-dog or corndog with chips, or pizza

#### **Party Upgrades**

THEMED PARTY OPTIONS: PRINCESS, PIRATE, OR UNDER THE SEA

Rate\*: Add \$10 to your party package

Upgrade your child's party to include a special theme, including a personalized themed cake and paper products.

#### **COCONUT COVE PRIVATE PARTY ROOM**

Rate\*: Add \$30 to your party package

Coconut Cove is a private party room located within Beachcomber Bay. With a beautiful underwater mural and view of Tropics Waterpark, it is the perfect setting for families looking for a quieter, more personalized party option making your child's birthday even more special! Coconut Cove has a maximum capacity of 15. Upgrade consists of 90 minutes in party room.

#### *Birthday Party Policies:*

- No outside food or decorations allowed in Beachcomber Bay or Coconut Cove.
- Payment due at time of reservation.
- Fees are subject to change.
- When using the pool, all children six years old and under must be supervised by a paid adult swimmer (18 or older) and must be within arms' reach of that child at all times.

\* Sales tax will be added to all rates listed above.

## PARTY IN THE TROPICS

### POOLSIDE PARTY PACKAGE

Rate\*: \$175; \$160 Shoreview Residents

Available Fridays and Saturdays after 5pm during regular pool hours  
The Shoreview Community Center can accommodate larger groups in Beachcomber Bay, a private poolside party room, on Friday and Saturday evenings after 5:00 p.m. Groups may bring in their own food or purchase food from the Wave Café. Party package includes 2 hours in a private poolside party room for up to 50 people and 10 wristbands for a full day use of Tropics Indoor Waterpark and Tropical Adventures Indoor Playground; additional wristbands may be purchased at our daily pass rate.

### MEETING / PARTY ROOMS

Rate\*: \$45; \$30 Shoreview Resident

Rent one of our rooms on the upper level of the Community Center for your special gathering. Each room accommodates 20 partygoers for 2 hours of party time; adjoining rooms may be rented to accommodate more. These rooms are perfect for a larger birthday party, family gatherings, or team parties. You may bring in your own food, cake, and decorations. Daily passes are sold separately.



### AFTER-HOURS PARTIES

Have the place to yourself and invite your friends! The Shoreview Community Center is available for exclusive use overnight and after-hours. Each rate is listed per person and includes use of the Tropics Indoor Waterpark, gym facilities, and meeting rooms. Refundable damage deposit required. A minimum payment is necessary to rent our facility overnight.

	Rate*	Shoreview Resident*
Two hours.....	\$ 10.50	\$ 10.00
Three hours.....	\$ 11.00	\$ 10.50
Four hours.....	\$ 11.50	\$ 11.00
Overnight.....	\$ 19.00	\$ 17.00

### GROUP RATES *(during building hours)*

- All parties of 10 or more receive our special group rate\*
- Reservations are required for groups of 35 or more
- \$50 deposit required at time of booking
- Call 651-490-4790 for group rate and reservation information

\*Sales tax will be added to all rates listed above.



**Have your next event  
at the Shoreview  
Community Center!**

We have the perfect setting for  
scout groups, school groups,  
family gatherings, church  
groups, birthday parties  
and team parties.

Enjoy the amenities the  
Shoreview Community  
Center has to offer!

**Call 651-490-4790 to  
to make your  
reservation today!**





## BANQUET ROOM RENTALS

Our banquet rooms are perfect for corporate events, wedding ceremonies, receptions, dinners, and dances.

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### Shoreview Room

Experience the elegance of our Shoreview Room for your next event. You and your guests will enjoy the convenience of the adjacent Fireside Lounge and expanded dance floor.

- Seating up to 300.
- Continental breakfast service available.
- Alcohol service available with in-house provider.
- New audio-visual equipment
- \$300 Refundable damage deposit is required.
- Catering Fee – \$100 for events up to 100 guests. \$200 for events over 100 guests. Requires licensed caterer for kitchen use.

Full Room	Rate*	Shoreview Resident*
Sunday–Thursday .....	\$ 625.....	\$ 550
Friday .....	\$ 950.....	\$ 850
Saturday.....	\$1,160.....	\$1,060

\*Fees are subject to change. Sales tax will be added to rates. Call for more information.

### Community Room

The Community Room features round tables, oak parquet dance floor, indirect lighting, and audio/visual equipment.

- Seating up to 250.
- Continental breakfast service available.
- Alcohol service available with in-house provider.
- \$300 Refundable damage deposit is required.
- Catering Fee – \$100 for events up to 100 guests. \$200 for events over 100 guests. Requires licensed caterer for kitchen use.

Full Room	Rate*	Shoreview Resident*
Sunday–Thursday .....	\$ 395.....	\$ 320
Friday .....	\$ 695.....	\$ 595
Saturday.....	\$ 845.....	\$ 740

Half Room	Rate*	Shoreview Resident*
Sunday–Thursday .....	\$ 210.....	\$ 180
Friday and Saturday .....	N/A.....	N/A

\*Fees are subject to change. Sales tax will be added to rates. Call for more information.

### Call for More Information

Community Center Information

**651-490-4700**

Recreational Programs (classes)

**651-490-4750**

Rental Information

**651-490-4790**

City Information

**651-490-4600**

## COMMUNITY & MEETING ROOM FACILITIES

### Haffeman Pavilion

It's not too early to reserve your space for a family picnic, company event, or graduation gathering at the Haffeman Pavilion located behind the Shoreview Community Center. Picnic tables accommodate up to 125 people! Call to reserve your date: 651-490-4790.

Rate: \$195; \$170 Shoreview Resident

*\*Sales tax not included. Refundable damage deposit required.*

### Picnic Shelter Rentals

Our parks are the perfect place for a small gathering or birthday party. Reserve a picnic shelter for your next event by calling 651-490-4790. Rental fee is \$25 plus tax.

Lake Judy Park .....Seats 15

Shamrock Park .....Seats 35

McCullough Park .....Seats 15

Commons Park .....Seats 20

Sitzer .....Seats 24

### Meeting Rooms

We are able to accommodate 20 people per room, depending on the arrangements. Retractable walls allow flexibility for accommodating large groups and seminars.

- Meeting rooms are rented in 2-hour blocks.
- Rates are listed per room for each time block rented.

Rate: \$45; \$30 Shoreview Resident (50% of group living in Shoreview)

*\*Sales tax will be added to rate.*

### Island Lake Room

Our new Island Lake Room is comfortable and quiet, suitable for all your meeting needs. Enjoy the window lighting as well as the on-site audiovisual equipment, including an interactive white board.

- Island Lake Room is rented in 2-hour blocks.

Rate: \$65; \$50 Shoreview Resident

*\*Sales tax will be added to rate.*



### Call for More Information

Community Center Information

**651-490-4700**

Recreational Programs (classes)

**651-490-4750**

Rental Information

**651-490-4790**

City Information

**651-490-4600**

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## WINTER RECREATION PROGRAMS REGISTRATION SCHEDULE

*Registrations processed online are given immediate priority followed by in-person registration. Registrations received via mail, fax, or drop-off are processed as time permits.*

### Shoreview Resident Priority

Shoreview residents are given first priority in registering for Parks and Recreation programs.

**Begins Tuesday, November 27 at 8 A.M.**

### Annual Community Center Member Registration

**Begins Thursday, November 29 at 8 A.M.**

### General Registration

Anyone may register at this time. No residency or membership required.

**Begins Monday, December 3 at 8 A.M.**

*\*See page 63 for registration information.*



## 5

## EASY WAYS TO REGISTER

1. On-line at: [www.shoreviewcommunitycenter.com](http://www.shoreviewcommunitycenter.com)
2. Mail-in
3. Fax 651-490-4797 payment by credit card only
4. Drop-off
5. In-person



Scan with Smartphone  
to register.

### Shoreview Parks and Recreation

4580 Victoria St. N | Shoreview, MN 55126 Office  
located on upper level of the Shoreview Community Center  
651-490-4750

[recreation@shoreviewmn.gov](mailto:recreation@shoreviewmn.gov)

[www.ShoreviewCommunityCenter.com](http://www.ShoreviewCommunityCenter.com)

### Office Hours

Monday – Friday

8:00 A.M. – 4:30 P.M.

### Extended Office Hours

January 7 – 8

Open until 7:00 P.M.

## START THE NEW YEAR AS A SUPER HERO

Once again, a new year is just around the corner. You want to have a good time celebrating with your family – and you especially want the kids to have fun without keeping them up too late. So, just how will you spend that last evening of 2012?

Over 650 Shoreview Community Center guests choose to party hearty in our fun facility, according to Brianna Bachrach, Parks and Recreation event coordinator. Shoreview's annual New Year's Eve Party festivities begin at 6 p.m. on December 31st.

It's an event for the whole family, offering an experience that can't be topped. Where else can you ring in the New Year with a splash – gliding down a fantastic waterslide with a light and music show? Along with fun activities, our Tropics Indoor Waterpark and Tropical Adventure Indoor Playground are there for an entertaining last night of the year.

"The Shoreview New Year's Eve party is so much fun," said Kathy Stauff, Parks and Recreation Customer Service Representative. "The excitement when families come in that night is unbelievable. There are moms and dads, and grandpas and grandmas, and even groups of families that are neighbors, all filing in for a fun night."

Each year, a different theme enlivens the party – and the whole Community Center is decorated with staff dressed up to match. Past themes included safaris and rock star parties, according to Stauff. A Super Heroes theme has been chosen to celebrate 2013.

"There are games, crafts, music, food to purchase – and, of course, the annual balloon drop in the gym as we count down to the New Year at 8:45 p.m. – that's superhero time," she

said. "I think that's my favorite part – seeing the faces of all the kids as hundreds of balloons fall from the ceiling."

The much-anticipated balloon drop creates life-long memories for children like Tommy Kunza, 11, a partygoer to the festivities for the past four years. "I loved it when the balloons dropped down in the gym

and everyone started popping them," he remembered. "And I liked the carnival games in the gym. You can win cool prizes and it's something different to do."

"We did a bunch of fun things," agreed Kunza's sister, 8-year-old Maddie, who looks forward to returning this year. "We went swimming, played on the playground, I got my face painted really neat and got my nails painted purple. Then I got my hair done really crazy and with lots of color. There is lots of fun stuff there that I can do."

"I've really enjoyed being part of this annual event, and I plan to dust off my super hero cape and be ready to greet our guests at the door," said Stauff.

Remember to register by December 28 to save on admission. It is \$9 for youth ages 1-17, and \$7 for adults (ages 18 and over), and includes all of the above activities. The price will be \$10 per person at the door.



## THEIR VERY FIRST “FIRST DAY OF SCHOOL”

*Kids Corner Preschool grows – right alongside its young ones*

On the first day of Kids Corner Preschool this past September, Jason Gonzalez stood outside of a classroom with his outgoing 3-year-old son, Tony, excitedly awaiting the door to open.

Prior to this milestone day, a preschool Open House orientation was offered for parents and their young ones to learn all about Kids Corner – and to get comfortable.

“The Open House helped,” said Gonzalez. “It was a nice way to sort of break the ice, so he’s not walking into a strange new place – and it was nice that he was going in with us. He found his name on the board, which made it exciting.”

Tony expressed that he enjoyed playing with the blocks at the event and was mostly looking forward to playing with the toys at preschool.

A progressive program offered through City of Shoreview Parks and Recreation, Kids Corner Preschool provides a variety of fun and educational activities for children 2 ½ to 5 years of age. It’s designed to promote social, physical, and educational skills that meet the young participants’ developmental needs.



Cindy Legarde, a Kids Corner instructor for 13 years, personally knows the program very well from all perspectives. Her own children went through the preschool program, which led her to becoming a teacher.

“At the time, I was a stay-at-home mom, and there was a teacher with about 10 kids and no help. So I offered to help out, and that is how I started – as an assistant,” she said. “It worked out nicely; I learned from the teachers as I went along.”

This year, her own class is filled with children 3 to 5 years old. Their day starts off with play, doing crafts, and becoming comfortable in their home-away-from-home environment.

“I think what makes it special is that we incorporate fun into learning. Learning is fun – and socializing and imagination are also very important in growing up,” said Legarde.



The Kids Corner Preschool program itself has grown: According to Becky Sola, Recreation Program Supervisor, it has accepted 124 participants this school year, while last year, there were 100. Registrations increased as more options were offered.

“We have added a couple of new classes over the past few years: Investigators is a new class this year, Bookends was a new class last year, and two years ago, we added Friday Funday and Busy Buddies,” said Sola.

The preschool’s unique location at the Shoreview Community Center allows several one-of-a-kind opportunities: Its young participants can end the day with swim lessons at Tropics Indoor Waterpark – “It’s nice, because then the parents don’t have to bring them to lessons,” said Legarde – and enjoy play time inside the Tropical Adventure Indoor Playground, as well as dedicated Physical Education time in the gymnasium.

“And we go out to Shoreview Commons Park – and walk around the lake for science,” she added. “There’s a lot of hands-on learning. Kids need to use their large muscles and be able to run around and burn off energy.”

The program’s teachers, armed with decades of experience and training, aim to provide a positive preschool experience while preparing the children for Kindergarten – focusing on pre-reading, pre-math, and pre-science skills.

“Many parents have complimented our teachers on the excellent job that has been done preparing their children for school,” said Sola.

“My child was very shy coming into the program, and the teachers did an excellent job of helping him feel comfortable and preparing him for Kindergarten,” agreed Mary Bryntesen, parent of a Kids Corner Preschool participant.

Kids Corner Preschool registration for next school year begins January 31, 2013. See page 48 for more information.

# Shoreview Community Center & Recreation Program

## WINTER EVENT CALENDAR

### December 2012

SUN	MON	TUE	WED	THURS	FRI	SAT
		Nov. 27 Shoreview Residents Priority Registration Begins	Nov. 28	Nov. 29 Annual Community Center Member Registration Begins	Nov. 30	1
2	3 General Registration Begins Holiday Gift Making	4 Swim Lessons Begin (discounted 3 weeks)	5	6	7	8 Kids Secret Shopping Spree 9 a.m. - 1 p.m.
9	10 Blood Drive Gift Wrap Class	11	12	13	14	15 Skate w/ Santa 10 a.m.
16	17 Travel Talk 9-10 a.m.	18	19	20	21 Deadline for Dodgeball League	22
23	24 Waterpark Opens @ Noon	25 Christmas CLOSED	26 Bowling Camp Begins	27	28 Snorkeling Class	29 Free Swim Checks
30 11a-12p Free Swim Checks	31 Family NYE Party 6-9 p.m.		School's Out Camp Waterpark Opens @ Noon			

### January 2013

SUN	MON	TUE	WED	THURS	FRI	SAT
		1 Waterpark Opens @ Noon	2 Fitness Classes Begin Knitting Begins	3 Crocheting Begins Tae Kwon Do Begins	4 Quick Start Music Course	5 Swim Lessons Begin Tumbling Begins
6 Baseball Camp Begins	7	8 Wish Upon A Ballet — Begins —	9 Bball Camp	10 Get Fit! Info. Meeting 5 p.m.	11	12 Ice Skating Begins
13	14 Get Fit! Begins Travel Talk 9-10 a.m.	15	16	17 Polar Bear Plunge Storytime	18	19 Mini Kickers Camp Begins
20	21 Martin Luther King Jr. Day Waterpark Opens @ Noon	22	23 Sports Games — Begin —	24	25 Dive-In Movie 7 p.m. Waterpark Opens @ Noon	26
27	28 Waterpark Opens @ Noon	29 CPR/AED Class	30 First Aid Class	31 Preschool 2013-'14 Registration Open House		

### FEBRUARY 2013

SUN	MON	TUE	WED	THURS	FRI	SAT
					1	2
3	4	5	6 AARP Taxaide Begins	7	8 Sweetheart Dance 6-8 p.m.	9
10	11 Travel Talk 9-10 a.m.	12 Tae Kwon Do Begins	13 Health & Wellness thru Music Class	14 Cheer America Begins	15	16
17 Baseball Camp Begins	18 President's Day Waterpark Opens @ Noon	19	20	21 Starry Sky Storytime	22	23
24	25	26	27 Bingo 1 p.m.	28 Summer Discovery Registration 8 a.m.		

### MARCH 2013

SUN	MON	TUE	WED	THURS	FRI	SAT
					1	2 Lifeguard Training Begins
3	4	5	6	7 Discover Scuba	8 Dive-In Movie 7 p.m.	9 Snorkeling Scout Swim Badges
10 Scout Lifesaving Merit Badges	11	12	13	14	15	16 Free Swim Checks 11a-12p
17 11a-12p Free Swim Checks	18	19	20	21	22	23
24	25	26 CPR/AED Class	27 Bingo 1 p.m.	28 First Aid Class	29 Deadline for Softball Leagues Waterpark Opens @ Noon	30 Egg Hunt 9:30 - 11 a.m.
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# SKATING RINKS

## OUTDOOR SKATING RINKS

The City of Shoreview has seven outdoor skating rinks with supervised warming house facilities. All of the locations below have lighted hockey and general skating rinks. Public skating will be open from December 15 thru February 18, depending on weather and ice conditions.

### Bobby Theisen Park

3575 Vivian Street  
651-483-3043

### Sitzer Park

4344 Hodgson Road  
651-288-0062

### Bucher Park

5900 Mackubin Street  
651-415-0609

### Shamrock Park

5623 Snelling Avenue  
651-785-1758

### McCullough Park

915 County Road I  
651-484-4350

### Wilson Park

815 County Road F  
651-482-9555

### Shoreview Commons

4650 North Victoria Street  
651-490-4748



## WARMING HOUSE HOURS

	Bobby Theisen, Bucher, Shoreview Commons & Shamrock	McCullough, Sitzer, & Wilson
Monday – Friday	4:30 P.M. – 8:30 P.M.	4:30 P.M. – 8:30 P.M.
Saturday & Sunday	12:00 P.M. – 8:00 P.M.	12:00 P.M. – 8:00 P.M.
D621 School's Out Days	10:00 A.M. – 8:30 P.M.	4:30 P.M. – 8:30 P.M.
Christmas Eve	10:00 A.M. – 2:00 P.M.	Closed
Christmas Day	Closed	Closed
New Years Eve	12:00 P.M. – 4:00 P.M.	Closed
New Years Day	10:00 P.M. – 8:30 P.M.	4:30 P.M. – 8:30 P.M.

Warming house sites will be closed when it is in the best interest and safety of the community. Situations where we may close the warming houses include: Warm temps have softened the ice, temps are below -10 degrees, windchills are below -20 degrees, or if we have substantial snowfall. **Call the weather line at 651-490-4765 to receive an update on all possible closures.**

## OPEN SKATING AT SHOREVIEW ICE ARENA

Public open skating is available at the Shoreview Ice Arena (operated by Ramsey County). Call 651-748-2500 for dates and times or [visit www.co.ramsey.mn.us](http://www.co.ramsey.mn.us).

## TRAILS FOR CROSS COUNTRY SKIING

Ramsey County Parks and Recreation offers marked and groomed cross-country ski trails at County Parks. All trails are open daily from sunrise to sunset. Trail maps and grooming patterns for each park are available; please call 651-748-2500. [www.co.ramsey.mn.us](http://www.co.ramsey.mn.us).



## RECREATIONAL ICE SKATING INSTRUCTION



**WINTER 2013 SCHEDULE** Get an edge on winter fun by enrolling in ice skating lessons!

Saturdays, January 12 – February 23 (7 week session)

\$78; \$68 Shoreview Resident (Snowplow Sam to Level 6 and Specialized Classes)

\$119; \$114 Shoreview Resident (Pre-snowplow)

Rate for Private Lessons

\$160; \$150 Shoreview Resident

The Shoreview Arena, 96 and Victoria

Skate Rental is  
**NOT** available at  
the rink.

### PRESKILLS

#### Pre-snowplow

Beginning skating class for 4-8 year old participants that are unable to stand on the ice with out assistance from an adult. This class will help participants gain the strength and confidence to stand on their own on the ice while introducing preliminary skating moves and techniques. All participants must wear a helmet while on the ice.

#### Snowplow Sam

Snowplow Sam introduces preliminary moves to 4-10 year olds. These classes will help develop the familiarity, coordination and strength needed to maneuver on skates. All participants must wear a helmet while on the ice. This class is for beginning skaters with no previous skating experience. Participants must be able to stand on ice skates without assistance.

### BASIC

#### Level 1

Beginning class for those that are comfortable on the ice. Includes getting up, forward glide, two-foot gliding, and snowplow stop. All participants must wear a helmet on the ice.

#### Level 2

Teaches backward skating, backward glide, forward one-foot glide, two foot turn from forward to backward. All participants must wear a helmet on the ice.

#### Level 3

Includes forward and backward one foot snowplow stop, turns, forward swizzles and stroking.

#### Level 4

Teaches forward edges, forward crossovers & backward glides.

#### Level 5

Works on backward edges, back crossovers, forward three turns and hockey stop. Figure skates are highly recommended for this class.

#### Level 6

Includes forward mohawk, combination movements, and backward inside three turns. Figure skates are highly recommended for this class.

**Helpful Tips for Skaters:** Lace skates more snugly in the middle of the shoe than at the top or bottom for best support. Skates should fit correctly—don't use skates that are too big. Keep the blades sharp. Wear one pair of light-weight wool or synthetic socks. Cotton socks are not suitable for skating. If a child does not meet the basic requirements of the level registered for, it is at the discretion of the instructor to adjust the child's level.

**Helmets:** For safety, all participants in Pre-Snowplow Sam, Snowplow Sam, Readiness Level 1, and Readiness Level 2 are required to wear helmets. Bike helmets are acceptable. (Helmets not provided.)

## PRIVATE LESSONS

Personalized, high-quality skating instruction for all ages that want to improve their skating ability. This program offers one-on-one skating instruction for the casual or competitive skater. Note: Private lessons only last 30 minutes.

## SPECIALIZED CLASSES

#### Free Style

Includes entry-level free style movements. Develops forward inside pivot, two-foot spin, waltz jump, footwork, straight-line spiral, and more. Figure Skates required for this class.

#### Adult

This class will benefit all skill levels. Participants will be challenged based on their individual skills, ranging from the basics of skating, including forward and backward gliding and stroking, turning and stopping to more advanced skills, including the use of inside and outside edges, crossovers, and combined movements to increase ice-skating pleasure. Class is tailored to meet participants needs.

## WINTER ICE SKATING SCHEDULE

Time	Class	Activity#
9:20 A.M. – 9:55 A.M.	Snowplow	170407-01
	Level 1	170401-01
	Freestyle	170408-01
10:00 A.M. – 10:35 A.M.	Snowplow	170407-02
	Level 2	170402-01
	Level 4	170404-01
10:40 A.M. – 11:15 A.M.	Snowplow	170407-03
	Level 2	170402-02
	Level 3	170403-01
	Adult	170409-01
11:25 A.M. – 12:00 P.M.	Level 1	170401-02
	Pre-Snowplow	170412-01
	Level 5	170405-01
	Level 6	170406-01
12:05-12:35 P.M.	Pre-Snowplow	170412-02
	Private	170410-01
	Private	170410-02
	Private	170410-03
	Private	170410-04

## SHOREVIEW PARKS AND RECREATION SWIM LESSONS

Shoreview Parks and Recreation swim lessons use a fun and imaginative approach to help students create a lifelong love of swimming. Students will learn new skills and build on skills previously learned, making each level progressive throughout the session.

We welcome students of all abilities to participate in our group lessons. Private lessons are also available for students who prefer individualized instruction. Our instructors participate in ongoing training sessions and are selected based on their desire to teach, their enthusiasm, and their swimming ability. Parent-instructor communication is vital to the success of each swimmer. Please contact the Aquatic Coordinator if there is anything your instructor can provide to maximize your swimmer's experience. Our mission is to provide an inclusive program for all.

The Community Center pool water temperature is kept between 83 and 84 degrees.

### Group Lessons

Rate for 8 group lessons: \$71; \$63 Shoreview Resident

Rate for 6 group lessons: \$53; \$47 Shoreview Resident

These lessons will have 1 instructor to a maximum student ratio of:

PS	1 to 4
L1-L3	1 to 5
L4 & L5	1 to 6
L6 & L7	1 to 7



Classes with more students will be assigned an aid to assist in instruction. All group lessons will meet 35 minutes for eight sessions. Star Fish lessons are 30 minutes. For more information on group lesson levels please refer to descriptions located to the right.

### Private Lessons (PR)

Rate for eight, 30-minute private or semi-private swim lessons, available at set times.

\$142; \$130 Shoreview Resident

\$108; \$99 Shoreview Resident each for two participants of equivalent ability

Rate for six, 30-minute private lesson or semi-private lessons \$105; \$96 Shoreview Resident

\$82; \$75 Shoreview Resident each for two participants of equivalent ability

Private or semi-private lessons are available. One-on-one attention may be just what is needed to advance levels or gain that confidence in the water. Available private lessons are located on pages 34-35.

## Free Swim Checks

Do you know what level to sign up for? Stop by on one of the following days to find out! If you plan on staying for open swim starting at 12 P.M., please purchase a wrist band at the front desk. Swim checks take approximately 10 minutes.

Location: Shoreview Community Center Pool

Time: 11:00 A.M. – 12:00 P.M.

Saturday, December 29

Sunday, December 30

Saturday, March 16

Sunday, March 17

## AQUATICS LEVEL DESCRIPTIONS

**Star Fish 1** *Ages 9 Months to 24 Months*

**Star Fish 2** *Ages 24 Months to 36 Months*

The Star Fish program is a parent/child program for swimmer and non-swimmer parents to promote water safety and water adjustment in a safe and secure learning environment. Each class will be geared toward the respective age group. One adult must accompany each child in the water.

**Manta Ray (MR)** *Ages 2-1/2 – 4 years old*

This class will introduce your child to group learning, gradually throughout the session. The first few weeks a parent will be accompanying their child in the water. As the child becomes more comfortable and confident, the parent will participate less throughout the class. This is a great class for those children looking for a more gradual introduction to group instruction, need additional one on one instruction, or have a fear of the water. The goal is to have each child comfortable in the water with an instructor and ready for group lessons.

- comfort with group instruction
- enter and exit independently
- front/back float with instructor support
- kicking on front/back with instructor support
- jumping in on instructor's cue
- submerging head





## Preschool (PS) – Jelly Fish

*Ages 3 and 4*

This level is an introduction to the pool, group learning and lessons without a guardian in the water. Little ones get comfortable and learn to enjoy activities in the water safely. Swimmers will learn the following:

- Comfort with group instruction
- Enter/Exit water independently
- Blow Bubbles
- Submerge face in water
- Front/back float with support
- Flutter kick on front/back with support

## Level 1 (L1) – Angel Fish

*Ages 4 or passed preschool level*

Level 1 offers the opportunity to learn basic exploration that leads to assisted swimming. Students must be comfortable in the water without parents and should come prepared to put their faces in the water for retrieving objects.

Swimmers will learn the following:

- Supported float on the front and back
- Supported kicking on the front and back
- Fully submerged face to retrieve objects underwater
- Front/back glides with support
- Swimmers will also receive an orientation to deep water with support

## Youth Beginner (YB)

*Ages 6 and over*

The youth beginner class is for ages 6 and older who are new to swim lessons or haven't taken them for several years. Students will be in class with other school-aged children and learn at a faster pace. Students can continue to take youth beginner until they reach a level that includes their peers.

## Level 2 (L2) – Sea Monkeys

The objective of Level 2 is to help swimmers successfully manage fundamental skills as they progress toward swimming unassisted. Swimmers must be comfortable on their own, fully submerged in an area they can touch. Swimmers will learn the following:

- To float and glide on front and back
- Integrate combined stroke on front and back, using kick and alternating arm action for 8 yards.
- Personal safety skills
- Flutter kick with support

## Level 2.5 (L2.5) – Otters

Level 2.5 bridges the gap between L2 and L3. Swimmers will focus on developing a strong flutter kick and balance in the water. Swimmers will learn the following:

- Flutter kick on front and back with support in deep water
- Front crawl
- Deep water



## Level 3 (L3) – Seals

Level 3 builds on skills by coordinating strokes and increasing endurance. Swimmers will learn the following:

- Coordinate front crawl
- Coordinate back crawl
- Elementary backstroke
- Treading water
- Flutter kicks and whip kick

## Level 4 (L4) – Sting Rays

Level 4 develops endurance in previously learned strokes and introduces the breaststroke. Swimmers will learn the following:

- Elementary backstroke
- Front and back crawl
- Breaststroke
- Treading water, 1 minute
- Open turns

## Level 5 (L5) – Dolphins

Level 5 refines coordination and increases endurance of keystrokes. Swimmers will learn the following:

- Elementary backstroke
- Front and back crawl
- Breaststroke
- Butterfly (introduction)

## Level 6 (L6) – Orcas

Level 6 polishes strokes to allow swimming with more ease, efficiency, power and smoothness over greater distances.

Swimmers will learn the following:

- Front and back crawl
- Breaststroke
- Sidestroke
- Butterfly
- Turns

## Level 7 (L7) – Sharks

- Endurance skills
- Personal water safety
- Stroke techniques
- Basic workouts

## ADULT PRIVATE SWIM LESSONS

Register for private lessons listed on pages 34-35.  
\$142; \$130 Shoreview Resident

These private lessons are perfect for mature learners starting with either basic swimming skills or looking to fine tune their strokes. Participants will learn everything from floating to efficient strokes at a personalized speed. Please contact the Aquatic Coordinator at 651-490-4766 to request an adult swim lesson instructor.

# MORNING LESSONS

	<b>MONDAY</b> Jan. 7-Mar 11 <i>No class 1/21 &amp; 2/18</i>		<b>TUESDAY</b> Jan. 8 - Feb. 26		<b>WEDNESDAY</b> Jan 9-Feb. 27		<b>THURSDAY</b> Jan. 10 - Feb 28		<b>FRIDAY</b> Jan. 11- Mar. 1	
Time	Level	Activity #	Level	Activity #	Level	Activity #	Level	Activity #	Level	Activity #
9:00 AM	L1	I30101-01		---		---		---		---
9:10 AM		---	PS	I30111-02	L1	I30101-03	L2	I30102-05	PS	I30111-05
9:40 AM	PS	I30111-01		---		---		---		---
9:55 AM		---	L2	I30102-02	PS	I30111-03	L2.5	I30112-01	L1	I30101-04
10:20 AM	L2	I30102-01		---		---		---		---
10:40 AM		---	L1	I30101-02	SF 1/2	I30110-01	SF 1/2	I30110-02	MR	I30109-01
11:20 AM		---	L2	I30102-03	L2	I30102-04	PS	I30111-04	L2	I30102-06

<b>SATURDAY</b> Jan. 5 - Feb. 23					
Time	Level	Activity #	Time	Level	Activity #
8:15 AM	PR	I30114-26	9:50 AM	SF2	I30110-07
	PR	I30114-27	10:30 AM	PR	I30114-33
	PR	I30114-28		PR	I30114-34
	PR	I30114-29		PR	I30114-35
	PR	I30114-30		PS	I30111-23
	PS	I30111-19		PS	I30111-24
	L1	I30101-19		L2	I30102-25
	L2	I30102-22		L2.5	I30112-24
9:00 AM	L2.5	I30112-19		L2.5	I30112-25
	YB	I30113-03		L3	I30103-13
				L4	I30104-11
	PR	I30114-31	10:35 AM	SF1	I30110-08
	PS	I30111-20	11:15 AM	PR	I30114-36
	PS	I30111-21		PR	I30114-37
	L1	I30101-20		PR	I30114-38
	L2	I30102-23		PS	I30111-25
	L2.5	I30112-20		L1	I30101-23
	L2.5	I30112-21		L2	I30102-26
	L4	I30104-09		L3	I30103-14
9:45 AM	L5	I30105-04		L5	I30105-05
	PR	I30114-32		L7	I30107-02
	PS	I30111-22		JL	I50305-01
	L1	I30101-21			
	L1	I30101-22			
	L2	I30102-24			
	L2.5	I30112-22			
	L2.5	I30112-23			
	L3	I30103-12			
	L4	I30104-10			
	L6	I30106-03			
	YB	I30113-04			

<b>SUNDAY</b> Jan. 6 - Feb. 24		
Time	Level	Activity #
9:00 AM	PR	I30114-39
	L1	I30101-24
	L2	I30102-27
	L2.5	I30112-26
9:45 AM	YB	I30113-05
	PR	I30114-40
	PS	I30111-26
	L1	I30101-25
10:30 AM	L2	I30102-28
	L3	I30103-15
	PR	I30114-41
	MR	I30109-04
11:15 AM	L1	I30101-26
	L2	I30102-29
	L4	I30104-12
	PR	I30114-42
	PS	I30111-27
	PS	I30111-28
	L2.5	I30112-27
	L2.5	I30112-28

<b>TUESDAY &amp; THURSDAY</b> Dec. 4 - Dec 20 (6 Lessons)					
Time	Level	Activity #	Time	Level	Activity #
9:10 AM	SF 1/2	430110-10	6:15 PM	PS	430111-33
9:55 AM	L2.5	430112-30		L3	430103-18
10:40 AM	L2	430102-31		PR	430114-54
11:20 AM	L1	430101-29	7:00 PM	PR	430114-55
4:00 PM	PS	430111-32		PS	430111-34
	L1	430101-29		L2	430102-30
	PR	430114-49		PR	430114-57
4:45 PM	L2	430102-29	7:45 PM	L4	430104-57
	L2.5	430112-28		PR	430114-60
5:30 PM	PS	430111-33			---
	L3	430103-18			---



# EVENING LESSONS

	<b>MONDAY</b> Jan. 7-Mar 11 <i>No class 1/21 &amp; 2/18</i>		<b>TUESDAY</b> Jan. 8 - Feb. 26		<b>WEDNESDAY</b> Jan 9-Feb. 27		<b>THURSDAY</b> Jan. 10 - Feb 28	
Time	Level	Activity #	Level	Activity #	Level	Activity #	Level	Activity #
4:00 PM	PR	I30114-01	PR	I30114-05	MR	I30109-03	PR	I30114-16
	PR	I30114-02	PR	I30114-06	PS	I30111-13	PR	I30114-17
	MR	I30109-02	PS	I30111-09	L2	I30102-15	L1	I30101-15
	L2	I30102-07	L2	I30102-11	L2.5	I30112-11	L2	I30102-19
	L2.5	I30112-02	L2.5	I30112-05	L3	I30103-06	L3	I30103-08
4:45 PM	PS	I30111-06	PS	I30111-10	PR	I30114-12	PR	I30114-18
	PS	I30111-07	L1	I30101-08	PR	I30114-13	PR	I30114-19
	L1	I30101-05	L2.5	I30112-06	PS	I30111-14	PS	I30111-16
	L2.5	I30112-03	L2.5	I30112-07	L1	I30101-11	L1	I30101-16
	L4	I30104-01	L3	I30103-03	L2.5	I30113-12	L2.5	I30112-15
5:30 PM		---		---	L2.5	I30113-13	L2.5	I30112-16
	PR	I30114-03	PS	I30111-11	PS	I30111-15	PR	I30114-20
	PR	I30114-04	L1	I30101-09	L1	I30101-12	PR	I30114-21
	L1	I30101-06	L2	I30102-12	L2	I30102-16	L1	I30101-17
	L2	I30102-08	L4	I30104-03	L3	I30103-07	L2	I30102-20
6:15 PM	L3	I30103-01	YB	I30113-01	L4	I30104-05	L3	I30103-09
	L5	I30105-01		---	YB	I30113-02		---
	PS	I30111-08	PS	I30111-12	L1	I30101-13	PS	I30111-17
	L2	I30102-09	L1	I30101-10	L2	I30102-17	L2	I30102-21
	L2.5	I30112-04	L3	I30103-04	L2.5	I30112-14	L2.5	I30112-17
6:20 PM	L4	I30104-02	L4	I30104-04	L4	I30104-06	L3	I30103-10
	L6	I30106-01	L6	I30106-02	L5	I30105-03	L4	I30104-07
	SF 1	I30110-03	SF 2	I30110-04	SF 2	I30110-05	SF 1	I30110-06
	L1	I30101-07	PR	I30114-07	PR	I30114-14	PR	I30114-22
	L2	I30102-10	PR	I30114-08	PR	I30114-15	PR	I30114-23
7:00 PM	L3	I30103-02	L2	I30102-13	L1	I30101-14	PS	I30111-18
		---	L2.5	I30113-08	L2	I30102-18	L1	I30101-18
		---	L2.5	I30113-09		---	L2.5	I30112-18
		---	L5	I30105-02		---	L7	I30107-01
		---						
7:45 PM		---	PR	I30114-09		---	PR	I30114-24
		---	PR	I30114-10		---	PR	I30114-25
		---	PR	I30114-11		---	L3	I30103-11
		---	L2	I30102-14		---	L4	I30104-08
		---	L2.5	I30112-10		---		---
		---	L3	I30103-05		---		---

## AQUATIC KEY

**SF1** – Star Fish 9-24 mths  
**SF2** – Star Fish 24-36 mths  
**MR** Manta Ray  
**PS** Preschool  
**L1** Level 1,2, etc...  
**YB** Youth Beginner  
**PR** Private Lessons



## LESSON RATES

### 8 Lessons

#### Group

\$71; \$63 Shoreview Resident

#### Private

\$142; \$130 Shoreview Resident

#### Semi-Private

\$108; \$99 Shoreview Resident  
 (2 participants of equivalent ability)

### 6 Lessons

#### Group

\$53; \$47 Shoreview Resident

#### Private

\$105; \$96 Shoreview Resident

#### Semi-Private

\$82; \$75 Shoreview Resident  
 (2 participants of equivalent ability)

## A Note About Community Center Lessons

If you wish to swim before or after class at the Community Center a wristband may be purchased at the guest service desk. On weekend mornings, your child will not be able to swim before or after class until open swim, which begins at noon.



# SPECIAL AQUATICS/CPR & FIRST AID

## RED CROSS LIFEGUARDING TRAINING

Ages 15+ ..... Pack a lunch, swimsuit, towel and snacks!

March 2, 3, 7, 9, 10

Saturdays ..... 8:00 A.M. – 2:00 P.M.

Sundays ..... 10:00 A.M. – 4:00 P.M.

Thursday ..... 5:00 P.M. – 8:00 P.M.

\$240; \$225 Shoreview Resident ..... **Activity # 150402-01**

Shoreview Community Center/Chippewa Middle School Pool

American Red Cross Lifeguard Training includes certification in Lifeguard Training, and Standard First Aid/CPR/AED, current for 2 years. This course provides all information necessary to recognize, respond, and care for emergencies in an aquatic environment and more. Certification will be issued after successful completion of a written exam and skill check off. Participants will receive a manual and CPR mask to take home. The following are course prerequisites:

- Minimum age 15 years
- Tread water for 2 minutes
- 300-yard swim
- Retrieve 10 lb. brick from pool bottom



**NEW!**

## JUNIOR LIFEGUARD

Ages 9+

Saturdays, January 5 – February 23 ..... 11:15 A.M.

\$71; \$63 Shoreview Resident ..... **Activity # 150305-01**

Shoreview Community Center Pool

Join a professional lifeguard to learn about water safety, first aid techniques, and basic water rescues. At the end of the session you will have a better understanding of the work our lifeguards do on a daily basis. Youth will also participate in a variety of fun events such as: distance swim, swim relays, and rescue relays.

## RED CROSS COMMUNITY CPR/AED

6:00 P.M. – 10:00 P.M.

Monday, Nov. 26 ..... **Activity # 450301-02**

Tuesday, Jan. 29 ..... **Activity # 150301-01**

Tuesday, Mar. 26 ..... **Activity # 150301-02**

\$80; \$72 Shoreview Resident

Shoreview Community Center

This course provides certification in infant, child and adult CPR including AED. Learn what to do in breathing emergency situations. This class teaches skills in rescue breathing, obstructed airway, CPR, and how to use an AED. Certification will be issued after successful completion of a written test and skill check off. Participants will receive a keychain, CPR mask and ready reference materials. If you are interested in gaining your First Aid Certificate check out our discounted rates below when you sign up for both.

## RED CROSS STANDARD FIRST AID

6:00 P.M. – 8:30 P.M.

Thursday, Nov. 29 ..... **Activity # 450302-02**

Wednesday, Jan. 30 ..... **Activity # 150302-01**

Thursday, Mar. 28 ..... **Activity # 150302-02**

\$52; \$47 Shoreview Resident

Shoreview Community Center

Learn how to provide basic first-aid care for injuries and sudden illnesses until advanced medical personnel arrives. Ready reference materials included.

## RED CROSS COMMUNITY CPR/AED AND FIRST AID

**Sign up for both CPR & First Aid Certifications and take advantage of our REDUCED RATE! Refer to course descriptions above.**

Mon. Nov. 26, 6:00 P.M. – 10:00 P.M. and

Thurs. Nov. 29, 6:30 P.M. – 8:30 P.M.

..... **Activity # 450303-02**

Tues. Jan. 29, 6:00 P.M. – 10:00 P.M. and

Wed. Jan. 30, 6:30 P.M. – 8:30 P.M.

..... **Activity # 150303-01**

Tues. Mar. 26, 6:00 P.M. – 10:00 P.M. and

Thurs. Mar. 28, 6:30 P.M. – 8:30 P.M.

..... **Activity # 150303-02**

\$92; \$84 Shoreview Resident

Shoreview Community Center

## SNORKELING

Ages 8 to 13

Saturday, Nov. 24 ..... 11:00 A.M. – 12:00 P.M.  
\$22; \$20 Shoreview Resident..... **Activity # 430306-02**

Friday, Dec. 28 ..... 11:00 A.M. – 12:00 P.M.  
\$22; \$20 Shoreview Resident..... **Activity # 430306-03**

Saturday, Mar. 9 ..... 11:00 A.M. – 12:00 P.M.  
\$22; \$20 Shoreview Resident..... **Activity # 130306-01**

Shoreview Community Center Pool

Come learn the basics of snorkeling, we will provide the equipment for youth ages 8 to 13. For those over the age of 13 years and would like to learn the basics are required to provide their own snorkeling gear (goggles and snorkel). A variety of abilities are encouraged to join us in discovering the underwater world although basic swimming skills are needed.

## SCOUT MERIT BADGES

Sign up your scout troop or yourself to have your Merit Badge completed at the Shoreview Community Center pool. We will provide the Merit Badge Counselor, workbook, and work with your scout to complete the requirements for each Badge. All merit badges will be completed with the understanding our pool is only 4-1/2 feet deep. Some of the diving requirements/demonstrations will not be completed due to the safety of our participants.

### Swimming Merit Badge

The Scout will learn about safety when swimming and diving, how swimming can contribute to overall fitness and health, and gain some basic competitive swimming skills.

\$49; \$45 Shoreview Resident

Wednesday, Nov. 14, 5 P.M. – 9 P.M. **Activity # 430301-03**

Saturday, March 9, 8 A.M. – 12 P.M. **Activity # 130301-02**

Tuesday, April 23, 5 P.M. – 9 P.M. **Activity # 130301-03**

### Lifesaving Merit Badge

The Scout will be better prepared in an emergency to assist those in water accidents by learning the correct rescue skills and when to use them.

\$55; \$50 Shoreview Resident

Tuesday, Nov. 20, 4 P.M. – 9 P.M. **Activity # 430301-05**

Sunday, March 10, 8 A.M. – 1 P.M. **Activity # 130301-04**

Thursday, April 25, 4 P.M. – 9 P.M. **Activity # 130301-05**

## DISCOVER SCUBA

Ages 12 and older

Thursday, Mar. 7, 6 – 7 P.M. **Activity # 130305-01**  
\$22; \$20 Shoreview Resident

Chippewa Middle School Pool

This is a great opportunity for individuals to use scuba gear under the care of a certified Scuba Instructor. The class includes a briefing on equipment along with trying on the gear and exploring the bottom of the pool. Sign up soon, space is limited to the first 10 registered. If you have asthma, you are required to provide a Doctor's note stating it is safe for you to participate.

## SUPERSITTER BABYSITTING CLINIC

Grades 5 to 7 ..... \$56; \$48 Shoreview Resident

8:00 A.M. – 12:30 P.M.

Monday, Nov. 19 ..... **Activity # 450101-02**

Saturday, Dec. 8 ..... **Activity # 450101-03**

Saturday, Dec. 22 ..... **Activity # 450101-04**

Saturday, Mar. 16 ..... **Activity # 150101-01**

Saturday, April 13 ..... **Activity # 150101-02**

Shoreview Community Center

Both beginning and experienced sitters benefit from this comprehensive clinic. Instructors cover the basics of child care, first aid, sitter safety, crafts, kid proofing, toys, nutrition and more. Participants who successfully complete the program will receive a certificate of completion. Course fee includes sitter manual, and sitter sack to use on the job.



# GROUP FITNESS

## FITNESS REGISTRATION

Call for information: 651-490-4750

**WINTER SESSION** Jan. 2 – Mar. 17 (11 weeks)  
No class Dec. 31 or Jan. 1.

Welcome to Shoreview's group fitness classes. Shoreview Parks and Recreation Fitness program boasts the best equipment in the industry with two state-of-the-art fitness studios. Our classes utilize high-quality resistive equipment, and new, innovative program offerings. Our instructors are nationally certified and follow the standards and recommendations of nationally accredited fitness organizations.

Shoreview Fitness is committed to providing fitness opportunities for individuals of all ages, fitness levels, and health status. Most fitness classes are suitable for everyone, but there are also class options available for beginners and those looking for classes of lower intensity levels. Please feel free to call to find out which classes best suit your needs – 651-490-4750.

**Annual Members receive 30% off group fitness classes listed on pp. 42-43 with the exception of Youth Fitness classes. Discount now available online!**

## FITNESS PUNCH CARDS

Give our fitness classes a try! This Punch Card will allow you to take five classes during the session. Note: if individual classes are full, Punch Card holders may not be able to participate. Drop-In class schedule will be available the first week of classes. Card does not include Tae Kwon Do classes.

	Activity #
Revvig, Latin Fusion, Zumba® and Kettlebell \$42; \$38 Shoreview Resident.....	110401-01
Yoga, Pilates, and Yopalates \$48; \$45 Shoreview Resident.....	110402-01
All Other Fitness Classes \$32; \$30 Shoreview Resident.....	110403-01

Available for purchase at Lower-Level Service Desk or Upper Parks and Recreation Desk during office hours.

## DROP-IN RATES

Drop-in passes allow you to attend a class. Drop-in schedule will be available the first week of classes.

Yoga, Pilates, and Yopalates .....	\$11; \$10 Shoreview Resident
Revvig, Latin Fusion, and Zumba® and Kettlebell .....	\$9.50; \$8.50 Shoreview Resident
All Other Fitness Classes Drop-in Rate .....	\$8; \$7 Shoreview Resident

## MIND/BODY OPTIONS

### Core Fusion

If you're looking for a strong, toned, and graceful body then this class is for you. Core Fusion mixes body sculpting with flexibility, strength training and balance work. Core Fusion will build upon the influences of Yoga and Pilates, but don't expect to hear water falls in the background because this high-energy class will have you moving to the sounds of the top 40's in a non-stop low impact format.

### Core Training (30 minutes)

Core Training is a well designed, time efficient, complete workout for everyone. It will improve balance, stability, mobility, and overall quality of movement. This 30 minute class will build functional movement and create usable strength and power. Equipment used is a weighted ball and a stability ball.

### Mind/Body Yoga

Begin to experience a new awareness of yourself: body, mind, and spirit. This class is appropriate for those new to yoga or returning students. Mind/Body Yoga emphasizes flexibility, balance, and overall strength. Each class will teach stretching (asana), breath awareness (pranayama), and deep relaxation (meditation). Candlelight Yogoia is performed in the relaxing atmosphere of candlelight.

**\*\* One-on-one personal Yoga sessions are available. Please call 651-490-4768 to find out more.**

### Pilates

Pilates is a method of body conditioning, a unique system of stretching and strengthening exercises developed over 90 years ago by Joseph Pilates. It strengthens and tones muscles, improves posture, provides flexibility and balance. Pilates unites body and mind and creates a more streamlined shape. **Intermediate Pilates requires basic knowledge and previous Pilates experience.**

### Yoga Strength

Gain strength, stamina, and balance with this non-purist, athletic style of yoga. Bring your body and mind together for peak performance.

### Yopalates

Try a great class that incorporates both the core strength component of Pilates and the relaxation techniques of yoga. An hour of working out the body and the mind.







## STRENGTH OPTIONS

### BOSU Fusion

BOSU Fusion combines elements of step, strength, plyometric, and core training on the BOSU Balance Trainer with additional equipment including Kettlebells to provide a full-body cardiovascular, core, and strength workout.

### Circuit

This low-impact class features non-stop, anything-but-boring and always-changing activity. You will get to use all of our group fitness “TOYS” as you alternate between cardio-strength exercises. This class will challenge your muscles in a variety of ways keeping your mind focused and body energized.

### Classic Conditioning

Staying fit is important for people of all ages. Regular exercise can prevent the decreases in muscle mass, balance, flexibility, endurance, bone density, and the resulting aches and pains that are associated with aging and decreased activity. These classes will use a variety of exercises to safely help you improve your quality of life with an emphasis on improvements in cardiovascular health and muscular performance. Participants will experience increased energy levels and the group setting will provide the motivation that will encourage an active lifestyle.

### Kettlebell Training

Kettlebell exercises develop strength, power, stamina and provide a full-body workout that will help you transform your body. Kettlebell classes will also incorporate non-kettlebell conditioning drills for an even greater challenge. (see page 39 for one-on-one kettlebell instruction).

### Power Pump

Power Pump is a strength training workout targeting all of the major muscles to strengthen and tone you into shape. This class will utilize supersets, tempo changes, slow reps, and pulses that will challenge your body and save you some time in the gym. Equipment used includes a variable weight bar and selected weight plates. Dumbbells and bands will hit those forgotten muscles. For the best results, two times per week is suggested. Power Pump is suitable for everyone from beginners to advanced strength trainers. Resistance training not only increases strength and performance in activities and sports, it also helps decrease the occurrence of injuries and can prevent conditions such as arthritis and osteoporosis. Classes great for all levels.

### Strength Training

This basic strength class uses hand weights, resistance bands, stability balls and more to strengthen every major muscle group in your body. Everyone works at their own ability and chooses their own weight loads and resistance levels. Whether you are trying to increase your bone density, build strength, or tone your body.

### Total Body Workout

Work all of your muscles in this total body workout. It will challenge your agility, speed, strength, and endurance. Classes will include a variety of weights, bodyweight exercises, conditioning drills, cycling, kickboxing, core work, kettlebells and more. Come ready to work!

## CARDIO OPTIONS

### Boot Camp

Boot Camp is the definition of workout variety, including kettlebells, free weights, step, BOSU, and sports agility equipment to complete a high intensity total body workout. This is the perfect class for those who enjoy group fitness as a means to push workouts to the next level without the feel of typical aerobics classes.

### Cardio Groove

Get your groove on in this “hi-lo” impact class. As you move to your favorite hits you will increase your endurance level and burn fat. Class begins with a warm-up to prepare for 35 minutes of easy-to-learn dance and aerobics combinations. Before you know it, you will be cooling down and finishing with a core workout.

### Cardio Kickboxing

A dynamic and energetic class that combines kicks, jabs, and strong arm and leg work to warm you up and keep you moving. A great way to strengthen muscles and burn body fat.

### Latin Fusion

Latin Fusion is a high energy workout that takes Latin dance movements and adds a twist of aerobic, step and hip hop moves. This class will get you in the groove with the combination of Hip Hop and Latin dance combos that are designed for all levels and produce a high level of energy expenditure. Showcase your versatility and passion with a smooth, fun routine that everyone can enjoy. All levels welcome!

# CLASS DESCRIPTIONS

## CARDIO OPTIONS, cont.

### Revvng

Cycling is an activity that produces one of the highest rates of calorie expenditure. Revvng is an indoor group cycling class that is fun, challenging, and accommodates all fitness levels, using revolutionary group exercise cycles. This energetic class consists of a continuous bike ride set to up-beat music with “hill climbs” and sprints mixed in to simulate cycling outdoors. The resistance of the stationary revvng bikes is adjustable to accommodate all levels and intensities.



### Step and Strength

This class provides benefits in cardio fitness, fat burning, and strength training. This is a great cross-training class that utilizes an adjustable step and resistance equipment. All levels and abilities are encouraged to participate. This class will keep you moving and motivated.

### Step It Up!

Start out with some basic step moves to get warmed up. The next step is to learn some fun patterns, combinations, and movements on an adjustable height step to meet all levels of endurance. Class ends with a cool down and core exercises.

### Tabata

Tabata classes apply the Tabata Protocol of interval training to strength training, plyometrics, total body, and additional training methods to provide a high intensity workout. Participants will find that Tabata is a highly efficient means of exercise that will give them the best results in the shortest time. Due to the structure of the Tabata Protocol class will be 30 minutes in length.

### Zumba®

Zumba® fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Achieve long term health benefits and experience an hour of caloric-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! The routines feature interval training sessions where fast and slow rhythms, and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got Zumba®!

### Zumba Gold®

Zumba Gold® is an innovative, fun and exciting class designed for the active older adult, the true beginner, people who are not used to exercising, or those who may be limited physically. Compared to the regular Zumba® class Zumba Gold® is done at a lower pace and intensity, but is just as fun. The same great Latin styles of music and dance are used including Merengue, Salsa, Cha Cha, Salsa, Rock & Roll, Flamenco, and Tango. Zumba Gold® instructors ensure that the routines are easy to learn and follow for participants of all abilities and ages so that success can be achieved quickly and participants can have FUN!

### Zumba Toning®

Zumba Toning® combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba® moves to create a calorie-torching, strength-training dance fitness-party. Students learn how to use hand weights to enhance rhythm and tone all their target zones, including arms, abs, glutes and thighs. Zumba Toning® is the perfect way for enthusiasts to sculpt their bodies naturally while having a total blast.

## PRENATAL OPTIONS

### PreNatal Exercise & Yoga

PreNatal Exercise will provide pregnant and nursing mothers exercises to improve the health of the mother and baby during and following pregnancy. Intensity levels and exercises will be modified to ensure maximum safety and benefits for participants. The class will include yoga, strength training, pelvic floor and abdominal exercises, and cardiovascular exercise appropriate for pregnant and nursing mothers.



## WATER OPTIONS

### Water Classes

All water classes are held in the Shoreview Community Center pool. The pool depth never exceeds 4½ feet, and the water temperature is regulated for maximum comfort. Swimming ability is not required—the gentle slope of the pool allows each participant to work at an appropriate depth.



### Aqua Flow

This lower-intensity water exercise class is designed to accommodate individuals desiring a class of lower intensity than Aqua Splash as well as those with conditions that may limit exercise capabilities. Aqua Flow is taught in a group setting with exercises and activities designed to develop muscular strength, muscular endurance, and improve range of motion.

### Aqua Splash

Let our instructor lead you through a safe, low-impact workout in a comfortable water environment. The water's natural resistant properties help you increase overall muscle strength and endurance while conditioning your cardiovascular system.

### Arthritis Foundation Aquatic Program®

The Arthritis Foundation Aquatic Program® is a shallow water exercise program designed for people of all ages living with arthritis, rheumatic disease and related musculoskeletal conditions. Participants will experience the benefits of water exercise including improvements in cardiovascular endurance, muscular strength, and motor skills. Classes include exercises and education that will assist in the development of wellness and a healthy lifestyle. Joint protection, energy conservation, and relaxation are included in each class to offer solutions for symptoms and improvements in self-sufficiency and range of motion.

## SENIORFIT CLASSES

The Shoreview Community Center is dedicated to helping seniors stay active and fit. These classes are specially tailored for older adults (age 65+) and taught by our experienced and highly trained fitness instructors. SeniorFIT classes can accommodate any fitness level. These classes are available at no cost for anyone with an annual senior membership at the Shoreview Community Center.

### SeniorFIT Strength Training

This strength training class will focus on increasing muscular strength making everyday tasks such as lifting and bending safer and easier. Moving to your favorite music, our instructor will lead you in a variety of exercises using light weights, bands, and exercise balls.

### SeniorFIT Circuit

Circuit classes provide a great balance between cardiovascular and strength training giving you a well rounded and efficient workout. This class will use a variety of fitness equipment, non-impact aerobics, and motivating music to get you moving.



### SeniorFIT Yoga and Stretch

Feel your stress melt away as the instructor takes you through yoga moves to increase your flexibility, balance, and core strength. You will leave this class feeling refreshed, relaxed, and energized.

### SeniorFIT Splash

SeniorFIT Splash is a low-impact yet highly effective class designed to increase strength, endurance, and range of motion. This class is held in the Community Center pool and swimming ability is not required.



# FITNESS SCHEDULE

## MORNING AND DAYTIME CLASSES

All classes are 50 minutes unless otherwise indicated. Jan. 2 – Mar. 17 (11 weeks). No class Monday, Dec. 31 or Tuesday, Jan. 1.

Annual Community Center members receive 30% off group fitness classes listed on the schedule on pages 42-43.

REGISTER EARLY AND SAVE YOUR SPOT IN CLASS!

Participants are encouraged to register at least one week prior to the start of the session to prevent classes from being cancelled due to low enrollments.

For updated class times and locations, please see schedules available on-line and at the Community Center.

CHILD CARE AVAILABLE!

See Kid's Care, Page 46

Time	Class	Rate/Shoreview Res.	Activity #
<b>MONDAY (Classes begin Jan. 7; no class Dec. 31)</b>			
5:35 A.M.	Total Body Workout	\$54/\$49	110502-01
8:30 A.M.	Classic Core Conditioning	\$54/\$49	110538-01
8:30 A.M.	SeniorFIT Strength Training**	\$54/\$49	110161-01
9:15 A.M.	Aqua Splash	\$54/\$49	110522-01
9:30 A.M.	Circuit	\$54/\$49	110505-01
9:30 A.M.	Core Fusion	\$54/\$49	110531-03
10:30 A.M.	<b>NEW!</b> Zumba®	\$72/\$66	110544-12
11:40 A.M.	<b>NEW!</b> Mind/Body Yoga	\$86/\$79	110506-01
<b>TUESDAY (Classes begin Jan. 8; no class Jan. 1)</b>			
5:35 A.M.	Core Fusion	\$54/\$49	110531-04
8:15 A.M.	SeniorFIT Splash**	\$54/\$49	110162-01
8:30 A.M.	Mind/Body Yoga	\$86/\$79	110506-02
8:30 A.M.	Power Pump	\$54/\$49	110523-02
9:15 A.M.	Aqua Splash	\$54/\$49	110522-03
9:30 A.M.	Step It Up	\$54/\$49	110516-01
10:40 A.M.	Zumba Gold®	\$72/\$66	110543-01
11:40 A.M.	Strength Training	\$54/\$49	110541-01
1:40 P.M.	SeniorFIT Strength Training**	\$54/\$49	110161-03
<b>WEDNESDAY (Classes begin Jan. 2)</b>			
5:35 A.M.	Total Body Workout	\$59/\$54	110502-02
8:30 A.M.	SeniorFIT Strength Training**	\$59/\$54	110161-02
8:30 A.M.	Classic Cardio & Strength Conditioning	\$59/\$54	110540-01
9:15 A.M.	Aqua Splash (begins 9/26)	\$59/\$54	110522-05
9:30 A.M.	Zumba®	\$78/\$72	110544-07
9:30 A.M.	<b>NEW!</b> Core Training (30 minutes)	\$59/\$54	110527-01
10:30 A.M.	SeniorFIT Yoga and Stretch**	\$59/\$54	110163-02
<b>THURSDAY (Classes begin Jan. 3)</b>			
5:35 A.M.	Core Fusion	\$59/\$54	110531-02
8:15 A.M.	Aqua Flow	\$59/\$54	110521-01
8:30 A.M.	Pilates	\$94/\$87	110507-02
8:30 A.M.	Power Pump	\$59/\$54	110523-06
9:15 A.M.	Aqua Splash	\$59/\$54	110522-07
9:30 A.M.	Step It Up	\$59/\$54	110516-04
9:30 A.M.	Mind/Body Yoga	\$94/\$87	110506-07
10:40 A.M.	Zumba Gold®	\$78/\$72	110543-02
11:40 A.M.	Strength Training	\$59/\$54	110541-02
12:40 P.M.	Mind/Body Yoga	\$94/\$87	110506-04
1:40 P.M.	SeniorFIT Strength Training**	\$59/\$54	110161-04
<b>FRIDAY (Classes begin Jan. 4)</b>			
5:35 A.M.	Total Body Workout	\$59/\$54	110502-03
8:15 A.M.	SeniorFIT Splash**	\$59/\$54	110162-02
8:30 A.M.	SeniorFIT Circuit**	\$59/\$54	110165-01
8:30 A.M.	Classic Strength Conditioning	\$59/\$54	110539-02
9:15 A.M.	Aqua Splash	\$59/\$54	110522-09
9:30 A.M.	Circuit	\$59/\$54	110505-03
9:30 A.M.	Zumba®	\$78/\$72	110544-08
10:30 A.M.	SeniorFIT Yoga and Stretch**	\$59/\$54	110163-03
<b>SATURDAY (Classes begin Jan. 5)</b>			
8:15 A.M.	Revvig	\$78/\$72	110512-08
8:30 A.M.	<b>NEW!</b> Kettlebell Training (45min)	\$78/\$72	110528-04
8:30 A.M.	Zumba®	\$78/\$72	110544-06
9:30 A.M.	Power Pump	\$59/\$54	110523-09
<b>SUNDAY (Classes begin Jan. 6)</b>			
8:30 A.M.	Revvig	\$78/\$72	110512-09
4:30 P.M.	<b>NEW!</b> PreNatal Exercise + Yoga	\$78/\$72	110510-01
5:00 P.M.	Zumba®	\$78/\$72	110544-13
6:00 P.M.	Candlelight Yoga	\$94/\$87	110537-01

\*\* SeniorFIT classes are available at NO COST for anyone with an annual senior membership to the Shoreview Community Center.

## EVENING CLASSES

All classes are 50 minutes unless otherwise indicated. Jan. 2 – Mar. 17 (11 weeks). No class Monday, Dec. 31 or Tuesday, Jan. 1.

Time	Class	Rate/Shoreview Res.	Activity #
<b>MONDAY (Classes begin Jan. 7; no class Dec. 31)</b>			
4:10 P.M.	Zumba®	\$72/\$66	110544-02
4:30 P.M.	Tabata (30 minutes)	\$54/\$49	110513-01
5:20 P.M.	Step and Strength	\$54/\$49	110514-01
5:20 P.M.	Total Body Workout	\$54/\$49	110502-05
5:30 P.M.	<b>NEW!</b> Revving	\$72/\$66	110512-01
6:25 P.M.	Cardio Groove	\$54/\$49	110504-01
6:25 P.M.	Core Fusion	\$54/\$49	110531-01
7:30 P.M.	Zumba®	\$72/\$66	110544-10
7:30 P.M.	Power Pump	\$54/\$49	110523-04
8:05 P.M.	Aqua Splash	\$54/\$49	110522-02
<b>TUESDAY (Classes begin Jan. 8; no class Jan. 1)</b>			
4:00 P.M.	SeniorFIT Splash**	\$54/\$49	110162-03
4:30 P.M.	Tabata (30 minutes)	\$54/\$49	110513-02
5:05 P.M.	Aqua Splash	\$54/\$49	110522-04
5:20 P.M.	Mind/Body Yoga	\$86/\$79	110506-03
5:20 P.M.	Power Pump	\$54/\$49	110523-03
6:25 P.M.	Pilates	\$86/\$79	110507-03
6:25 P.M.	Cardio Kickboxing	\$54/\$49	110501-01
7:30 P.M.	Total Body Workout	\$54/\$49	110502-04
7:30 P.M.	BOSU Fusion	\$54/\$49	110542-01
<b>WEDNESDAY (Classes begin Jan. 2)</b>			
4:00 P.M.	Kettlebell Training (45min)	\$78/\$72	110528-03
5:15 P.M.	Step It Up	\$59/\$54	110516-03
5:20 P.M.	Yogalates	\$94/\$87	110525-02
6:25 P.M.	Revving	\$78/\$72	110512-05
6:30 P.M.	Boot Camp	\$59/\$54	110532-02
7:05 P.M.	Mind-Body Yoga	\$94/\$87	110506-06
7:30 P.M.	<b>NEW!</b> Latin Fusion	\$78/\$72	110545-01
8:05 P.M.	Aqua Splash	\$59/\$54	110522-06
<b>THURSDAY (Classes begin Jan. 3)</b>			
4:00 P.M.	Arthritis Foundation Aqua Program	\$59/\$54	110164-02
4:15 P.M.	Revving	\$78/\$72	110512-03
5:05 P.M.	Aqua Splash	\$59/\$54	110522-08
5:20 P.M.	Yoga Strength	\$94/\$87	110524-01
5:20 P.M.	Power Pump	\$59/\$54	110523-07
6:25 P.M.	Cardio Kickboxing	\$59/\$54	110501-03
6:25 P.M.	Pilates (Intermediate)	\$94/\$87	110511-01
7:30 P.M.	Mind-Body Yoga	\$94/\$87	110506-05
7:30 P.M.	Zumba®	\$78/\$72	110544-03
<b>FRIDAY (Classes begin Jan. 4)</b>			
4:30 P.M.	Zumba®	\$78/\$72	110544-04
5:30 P.M.	<b>NEW!</b> Step It Up	\$59/\$54	110516-05
5:30 P.M.	<b>NEW!</b> Power Pump	\$59/\$54	110523-05

**\*\* SeniorFIT classes are available at NO COST for anyone with an annual senior membership to the Shoreview Community Center.**

## NOTES ABOUT GROUP FITNESS CLASSES:

- Refunds are issued for medical reasons only.
- Participants are encouraged to register at least one week prior to the start of the session to prevent classes from being cancelled due to low enrollments.
- Membership is not required to register for our fitness classes!
- Annual Community Center members receive a 30% discount off group fitness class registration fees (exclusions apply).
- Fitness class attendance for members is applicable to the minimum monthly visits required by insurance providers to receive insurance reimbursements.
- All classes are 50 minutes unless indicated.
- For updated class times and locations, please see schedules available on-line and at the Community Center.
- Minimum age is 14. Ages 12 & 13 may sign up with a parent/guardian.



# SPECIALTY FITNESS

## KETTLEBELL TRAINING

A kettlebell is a weighted iron ball with a handle attached to it. In addition to traditional strength training exercises, kettlebells can be used to perform “swings”, “presses”, and a variety of other dynamic movements that require all of the muscles of the body to work together. You can expect to increase strength, power, coordination and stamina while developing all of the muscles of the upper and lower body. One-on-one Kettlebell Training is available in packages of 1,3,6 and 12 sessions. Small group training sessions are also available and can be scheduled by calling 651-490-4768.



## SPECIALTY FITNESS CLASSES

We offer fun one-time specialty fitness classes throughout the course of a session. These classes may include a 2-hour revving class, 2-hour Zumba, Yoga with Harp, and other fitness classes with a theme. Look for information at the Service Desk, on our website, or on our Facebook page.

## COMMUNITY CENTER MEMBER EQUIPMENT ORIENTATION (Individual or Group)

FREE to members age 14 and older

All members of the community center are encouraged to attend a fitness equipment orientation.

Participants will be introduced to the Fitness Center equipment and our fitness staff will teach you how to properly utilize the strength and cardiovascular equipment with correct form and provide guidelines for safe exercise and improved fitness. The schedule and sign-up sheet for equipment orientations is located on the desk in the fitness center. For more information call 651-490-4740.

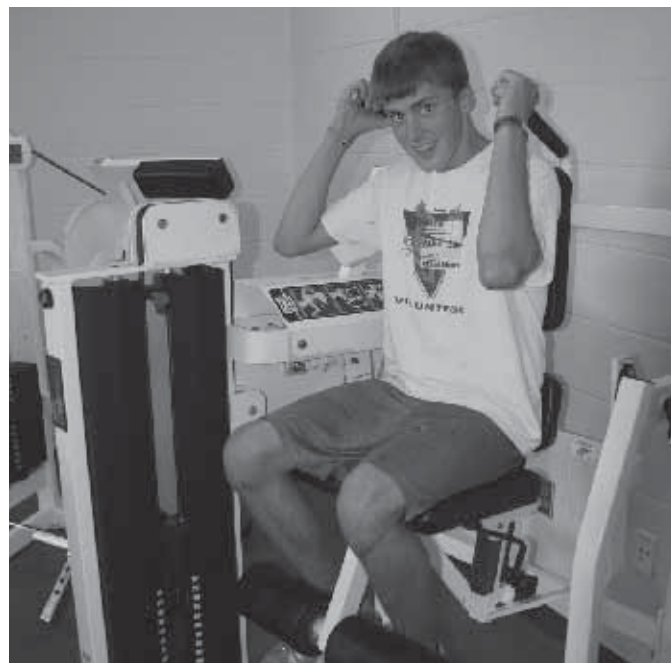
## INDIVIDUAL TEEN EQUIPMENT ORIENTATION

Required for ages 12 and 13

\$40; \$35 Shoreview Res. .... Activity # 110299-01

Shoreview Community Center

The Teen Equipment Orientation provides 12 and 13 year olds the opportunity to learn proper form and appropriate guidelines for strength and cardiovascular exercises. A personal trainer will teach participants proper methods of strength training and cover an informational packet that provides a beginning strength training program and guidelines for cardiovascular exercise. Parents are welcome and questions are encouraged. Adolescent exercise is safe and effective when proper form is used and appropriate guidelines are followed. The Teen Equipment Orientation is required for 12 and 13 year olds to use the fitness center. Registration forms are available at the front desk and lower level service desk. The schedule and sign-up sheet for teen equipment orientations is located on the desk in the fitness center, or call 651-490-4768 to find out more.





## GET FIT! BODY CHALLENGE

### WINTER SESSION

Jan. 14 – Mar. 13 (8 weeks)..... Activity # 110239-01

\$349 per session

*\*\*Membership to the community center is required to use the facility when not participating in group fitness classes or group/personal training sessions.*

The Body Challenge is a fitness and weight loss program that combines fitness classes, group training sessions, weekly individual exercise prescription, and nutrition consultations. Support from fellow participants and accountability through the personal training staff will help keep you committed to your goals. The Fall Get Fit! Body Challenge takes place during the holiday season which not only allows participants to prevent the inactivity and weight gain that commonly occurs during these months, but also produces improvements in body composition. Participants of past Body Challenge programs have experienced substantial improvements in body measurements and weight loss of one to three pounds per week!

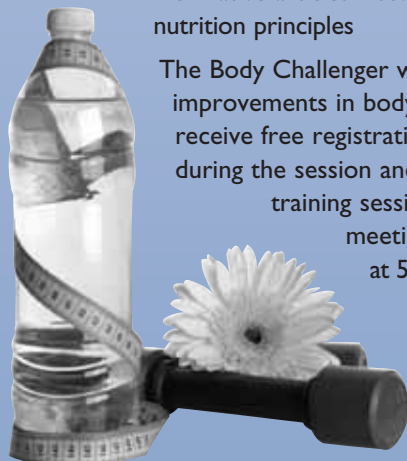
Program includes:

- Free access to group fitness classes at the Community Center
- A weekly small group training session with a personal trainer
- Pre and Post body measurements
- Tracking of physical activity, nutrition, and progress towards goals

Each week participants will receive:

- analysis and feedback on exercise and nutrition logs
- exercise recommendations from a personal trainer
- suggestions and tips for improved nutrition habits
- informative articles discussing exercise and nutrition principles

The Body Challenger with the greatest improvements in body measurements will receive free registration to a fitness class during the session and two free personal training sessions. Informational meeting Thursday, Jan. 10 at 5:00 p.m.



## CERTIFIED PERSONAL TRAINING

Personal Training can benefit anyone regardless of physical condition or age. A trainer can plan a safe, effective program and provide the one-on-one instruction to ensure that you are using proper form and technique, exercising at the appropriate intensity, and maximizing the effectiveness of your workout to achieve your health and fitness goals. Personal Trainers serve as a coach, educator, and a major source of motivation and encouragement to help you overcome obstacles and stick to your program.

### What is a Fitness Assessment?

Assessments are used to determine your current level of fitness. Measurements and tests taken during assessments will be specific to the goals of the individual and may include body measurements, body fat calculations, resting heart rate and/or blood pressure, flexibility testing, muscular strength and/or endurance testing, posture assessment, cardiovascular testing, and sports-specific tests. You can register for a fitness assessment without signing up for personal training, however, assessments are included in personal training packages of 3, 6, and 12 sessions.

### Goals Achieved Through Personal Training:

- Reach and maintain a healthy weight
- Reduce body fat and build muscle
- Shape and tone your body
- Improve strength and cardiovascular fitness
- Recover from an injury

### Personal trainers will:

- Identify realistic goals and determine safe strategies to achieve those goals
- Customize a program to fit your ability and health status
- Monitor progress & adapt your routine for consistent improvement
- Educate you on fitness principles and correct form to aid in progress and prevent injuries
- Achieve maximum results in minimum time
- Provide the encouragement and accountability you need.

### How many sessions do I need?

Some people may want personalized training 2 to 3 times a week, which makes them more likely to stick to their program because they are accountable to someone else for their exercise time. Others prefer to see a trainer periodically to update their exercise program or for fitness testing to receive feedback on their progress. Personal Training comes in packages of 1, 3, 6 and 12 sessions.

Trainer biographies are posted outside of the Fitness Center across from Studio 2 and at [www.shoreviewmn.gov](http://www.shoreviewmn.gov).

Call 651-490-4768 for more information.

**Personal Yoga sessions are available!**

Call 651-490-4768 to find out more and schedule.

# MARTIAL ARTS

## Traditional Tae Kwon Do

Tae Kwon Do emphasizes both physical and mental discipline unlike any other martial arts program. Classes will teach kicking, punching, striking, and blocking techniques through the philosophy and discipline of traditional Tae Kwon Do. While learning self defense, you will develop both physically and mentally. You will improve your stamina, strength, speed, agility, coordination, flexibility, balance, reflexes, concentration and confidence. Classes are taught by certified instructors of Sun Yi's Academy of Traditional Tae Kwon Do.

**FAMILY DISCOUNT**

\$15 off for second family member

\$25 off for third family member

## BEGINNER CLASS

Tuesdays and Thursdays ..... 6:00 P.M. – 7:00 P.M.

**SESSION A** Jan. 3 – Feb. 7 (5.5 weeks)

\$83; \$75 Shoreview Resident..... **Activity # 110230-01**

**SESSION B** Feb. 12 – Mar. 21 (6 weeks)

\$90; \$82 Shoreview Resident..... **Activity # 110232-01**

For ages 7 and older. This class is designed for individuals and families and will teach basic principals and techniques. Small groups or individual attention will be provided as necessary if varying skill levels are apparent. Wear loose fitting clothing. You do not need a uniform for this class. A \$10 late fee will be assessed for registrations received 10 days after first class.



## ADVANCED CLASS

Tuesdays and Thursdays ..... 7:00 P.M. – 8:00 P.M.

**SESSION A** Jan. 3 – Feb. 7 (5.5 weeks)

\$83; \$75 Shoreview Resident..... **Activity # 110231-01**

**SESSION B** Feb. 12 – Mar. 21 (no class Nov. 22, 6 weeks)

\$90; \$82 Shoreview Resident..... **Activity # 110233-01**

For ages 7 and older who have completed the beginner class. This class will further the student's skills for powerful self defense. (Students must attend the beginner class prior to taking the advanced class even if they have Tae Kwon Do experience. Promotion to the advanced class may be determined at the instructor's discretion.) A uniform is required and available through the instructor. A \$10 late fee will be assessed for registrations received 10 days after first class.

## KIDS CARE

### KIDS CARE

Kids Care provides a stimulating and safe environment for your child to explore and interact with other children while you enjoy the amenities of the Shoreview Community Center.

#### Hours

**Monday – Saturday** 8:00 A.M. – 12:30 P.M.

**Monday - Thursday** 4:00 P.M. – 8:30 P.M.

**Friday** 4:00 P.M. – 8:00 P.M.

**Closed Nov. 22, Dec. 24, 25, 31, Jan. 1**

#### Rate

**\$1 per hour per child (no pro-rating for partial hours)**

Care is provided for children 6 months to 8 years of age. Maximum stay is 2 hours. Parents must remain in the building. No reservations required. Children are taken on a first-come, first-served basis. Kids Care phone number: 651-490-4763.





## Tumbling

Children will discover the sport of tumbling within a positive, educational atmosphere. Along with athletics, participants will learn self-discipline and have fun. Please register your child in the appropriate skill level; this will ensure that all participants learn as much as possible. Parents are invited to observe the final class. For answers to your questions about placement, call 651-490-4750.

## TODDLER AND PARENT

Ages 2 and 3 ..... \$78; \$68 Shoreview Resident  
 Saturdays.....9:45 A.M. – 10:30 A.M.  
 Jan. 5 – Mar. 9 (no class Jan. 19 & Feb. 16) **Activity # 180101-01**  
 Mar. 23 – May 18 (no class Mar. 30)..... **Activity # 280101-01**  
 Saturdays..... 10:45 A.M. – 11:30 A.M.  
 Jan. 5 – Mar. 9 (no class Jan. 19 & Feb. 16) **Activity # 180101-02**  
 Mar. 23 – May 18 (no class Mar. 30)..... **Activity # 280101-02**

A fast-paced class for energetic 2 and 3 year old toddlers to explore their motor skills. This class is an excellent opportunity for youngsters to safely increase body awareness and coordination. The loose structure of this class allows children to acquire skills according to their own abilities and interests. One child per adult. Parent participation and support are part of the class. No siblings will be allowed on gymnastics equipment.

## TUMBLING TYKES

Ages 3 and 4 ..... \$78; \$68 Shoreview Res  
 Saturdays..... 11:45 A.M. – 12:30 P.M.  
 Jan. 5 – Mar. 9 (no class Jan. 19 & Feb. 16) **Activity # 180102-01**  
 Mar. 23 – May 18 (no class Mar. 30)..... **Activity # 280102-01**

Enhance your preschooler's hand-eye coordination and motor skills. Designed for active 3- and 4-year olds who want to learn basic tumbling, using special equipment designed for smaller gymnasts.

## ROLLY POLLYS

Ages 4 and 5 ..... \$78; \$68 Shoreview Res  
 Saturdays..... 12:45 P.M. – 1:30 P.M.  
 Jan. 5 – Mar. 9 (no class Jan. 19 & Feb. 16) **Activity # 180103-01**  
 Mar. 23 – May 18 (no class Mar. 30)..... **Activity # 280103-01**

For the active 4- to 5-year old child, we offer a special class that teaches basic tumbling and works on hand-eye coordination and motor skills. Participants will begin to learn basic skills on floor, balance beam, bars and vault.

## BEGINNERS HEADSTANDERS/HANDSTANDERS

Ages 5 to 8..... \$78; \$68 Shoreview Res  
 Saturdays..... 1:45 P.M. – 2:30 P.M.  
 Jan. 5 – Mar. 9 (no class Jan. 19 & Feb. 16) **Activity # 180104-01**  
 Mar. 23 – May 18 (no class Mar. 30)..... **Activity # 280104-01**

Designed for children 5 to 8 years old who want to learn the sport of gymnastics. Emphasis will be on learning the basic positions and skills on the floor, beam, bars and vault.





# KIDS CORNER PRESCHOOL

## 2013-2014 School Year

Calling all 2½-5 year olds. Our preschool program offers your child a variety of fun and educational activities designed to stimulate their social and intellectual development as they move along the road to Kindergarten. School Year Dates are September 9, 2013 – May 23, 2014. **To determine class availability and for a registration form please call 651-490-4750 or visit our website.** A \$50 non-refundable registration fee is required at the time of registration. This fee is not applied toward tuition.

\* Registration begins Thursday, Jan. 31, 2013, 6 – 7:30 P.M. in person at our open house at the Shoreview Community Center. On line registration will be available beginning Monday, Feb. 4.

## MONDAY FUNDAY

Morning Monday Funday..... 9:00 A.M. – 10:30 A.M.  
Afternoon Monday Funday..... 11:00 A.M. – 12:30 P.M.  
\$54/month; \$49/month Shoreview Resident

Calling all 2½ to 3-year olds! You are invited to a preschool class packed full with fun activities. Our class time will include dramatic play, storytelling, music and art projects. Children must be 3 years old by January 1, 2014.

## FRIDAY FUNDAY

Morning Friday Funday..... 9:00 A.M. – 10:30 A.M.  
Afternoon Friday Funday..... 11:00 A.M. – 12:30 P.M.  
\$49/month; \$44/month Shoreview Resident

A special class just for 2½ to 3-year olds! This preschool class is packed full with fun activities. Our class time will include dramatic play, storytelling, music and art projects. Class curriculum will vary from the Monday Funday class. Children must be 3 years old by January 1, 2014.

## TINY TREASURES

Wednesday & Friday..... 9:00 A.M. – 11:30 A.M.  
\$106/month; \$100/month Shoreview Resident

Children ages 3 to 4 will enjoy a morning of educational activities and fun. This preschool class emphasizes the development of fine and large motor coordination, introducing shapes, colors, numbers, and letters. The program will include dramatic play, music, story time, a snack, creative movement, and arts and crafts. A half-hour of gym time is also included. Children must be 3 by September 1, 2013.

## ABC'S & 123'S

Tuesday & Thursday..... 1:00 P.M. – 3:30 P.M.  
\$115/month; \$108/month Shoreview Resident

This preschool class is designed for 3 and 4 year olds. Students will have fun learning about letters and numbers in a nurturing environment. Class time will include early learning activities, creative movement, finger plays, songs, story time, and science activities. A half-hour of gym time is also included. Children must be 3 by September 1, 2013.

## ALPHA KIDS

Tuesday & Thursday..... 9:00 A.M. – 12:00 P.M.  
\$124/month; \$119/month Shoreview Resident

Designed for 4 to 5 year olds as a final step in preparation for Kindergarten. Students will focus on pre-reading and pre-arithmetic skills along with social skills in a fun and supportive environment. The confidence of understanding how to relate in a classroom setting along with basic education will aid children in the next educational step. A half-hour of gym time each week will be included. Children need to be 4 years old by September 1, 2013.

## STEPPING STONES

Monday, Wednesday, Friday..... 12:30 P.M. – 3:30 P.M.  
\$160/month; \$153/month Shoreview Resident

This afternoon preschool class will offer your 4 to 5 year old a chance to prepare for his or her next step in a warm and loving environment. Ideal for students who are stepping into Kindergarten during the following school year. We'll center our learning around activities highlighting pre-reading, pre-science, and pre-arithmetic skills. A half-hour of gym time is included. Children must be 4 years old by Sept. 1, 2013.





## BUSY BUDDIES

Monday ..... 9:00 A.M. – 11:30 A.M.  
\$86/month; \$79/month Shoreview Resident

This class will offer 3 to 5 year old children a variety of activities within our Community Center. Eight week sessions of swim lessons will be included in the fall, winter & spring, a variety of enrichment activities, as well as gym time, class time for singing, finger plays, stories, a snack & craft. Children must be 3 by September 1, 2013.

## BOOKENDS

Tuesday ..... 6:00 P.M. – 7:30 P.M.  
\$54/month; \$50/month Shoreview Resident

This literature based preschool class is designed for your 3 to 5 year olds to enjoy the wonderful world of books. This class includes time for storytelling, dramatic play, music, snacks, arts and crafts, and creative movement. Children must be 3 by September 1, 2013.

## INVESTIGATORS

Wednesday ..... 9:00 A.M. – Noon  
\$70/month; \$65/month Shoreview Resident

This preschool class will give your 4 to 6 year olds an opportunity to discover the world the science and all of its wonders. This class will include time for individual and group discovery, art projects, snacks, sharing, creative movement and occasional outdoor activities. Children must be 4 by September 1, 2013. Kindergarteners are welcome.

**NEW!**

## POLAR BEAR PLUNGE STORYTIME

Ages 3 to 5

Thursday, Jan. 17 ..... 6:00 – 7:30 P.M.  
\$12; \$10 Shoreview Resident ..... **Activity # 170110-01**

Shoreview Community Center

Join us for a Polar Bear plunge of a story night. We will do some amazing arctic art, move like polar bears, and cozy up in a bear cave with some “beary” good books. This class is hosted by Kids Corner Preschool. Register early – space is limited! Fee includes adult and child.

**NEW!**

## STARRY SKY STORYTIME

Ages 3 to 5

Thursday, Feb. 21 ..... 6:00 – 7:30 P.M.  
\$12; \$10 Shoreview Resident ..... **Activity # 170111-01**

Shoreview Community Center

Come and be a shining star during this special story time. We will create our own starry sky, wish upon some spectacular starry stories, and sing like twinkling stars. This class is hosted by Kids Corner Preschool. Register early – space is limited! Fee includes adult and child.



## 2012-2013 CLASSES

**For information on class availability during the current 2012-13 school year, please call 651-490-4750.**

# YOUTH PROGRAMS

## WISH UPON A BALLET

Ages 3 to 6..... Shoreview Community Center

**Tuesdays..... 10:00 A.M. – 10:45 A.M.**

Jan. 8 – Feb.19 (7 weeks)

\$59.....**Activity # 170202-01**

Feb. 26 – Apr. 16 (7 weeks, no class Mar 19)

\$59.....**Activity # 170202-02**

Apr. 23 – May 28 (6 weeks)

\$52.....**Activity #270202-01**

**Wednesdays..... 5:45 P.M. – 6:30 P.M**

Jan. 9– Feb.20 (7 weeks)

\$59.....**Activity # 170202-03**

Feb. 27 – Apr. 17 (7 weeks, no class Mar 20)

\$59.....**Activity # 170202-04**

Apr. 24 – May 29 (6 weeks)

\$52.....**Activity #270202-02**

**Wednesdays..... 6:30 P.M. – 7:15 P.M**

Jan. 9– Feb.20 (7 weeks)

\$59.....**Activity # 170202-05**

Feb. 27 – Apr. 17 (7 weeks, no class Mar 20)

\$59.....**Activity # 170202-06**

Apr. 24 – May 29 (6 weeks)

\$52.....**Activity #270202-03**



Wish upon a Ballet is a dance program for children that incorporates popular children's stories as well as ballet to create a dance class that is more than ballet steps. Using musical instruments, parachutes and scarves we will create a complete fairy tale experience while we skip, leap, jump and spin. This way an introduction to the movements and vocabulary of ballet are taught in a fun and creative manner. Children will learn an appreciation of dance and music while developing strength and flexibility. Parents, family and friends will be invited to observe a special performance at the end of each session. Come join the fun! Girls and boys will need ballet shoes. Girls should wear a leotard and tights. Boys should wear comfortable clothes they can move around in. Shoes will be available to order at the first day of class for an extra fee.



Grades K-8 (during the 2012-13 School Year)

June 10 – August 23, 2013

Are you looking for a safe and fun place to send the kids during the summer? Look no further than Shoreview Parks and Recreation Summer Discovery Program! This 11 week summer child care program offers your child the opportunity to have a fun-filled, jam-packed summer while under the guidance of highly qualified staff. Each week will have many activities for your child, including a weekly field trip, swimming 3 days per week, games, crafts, and enrichment classes. Flexible scheduling available with the ability to register for 3, 4 or 5 days per week.

\*Registration will begin Thursday, February 28, 2013, beginning at 8:00 A.M. Registration materials are available February 1 online or by calling 651-490-4750.

Summer Discovery will hold an optional week Aug. 26-30. Registration for this week will be separate and on a first-come, first-served basis. Space is limited.





## SCHOOL'S OUT DISCOVERY CAMPS

We are your resource for childcare on school's out days! Your child will participate in fun activities, crafts, games, and pool time at the Tropics Indoor Waterpark under the supervision of our highly trained and qualified staff. Choose before and after care to tailor this program to your specific schedule. Please send a bag lunch, swimsuit, and towel. We will provide all other supplies, including a snack. **Space is limited – register early!**

Grades K-5

Time ..... 9:00 A.M. – 5:00 P.M.  
Before Care..... 7:00 A.M. – 9:00 A.M.  
After Care ..... 5:00 P.M. – 6:00 P.M.  
Rate: \$36/day; \$30 Shoreview Resident; \$5 Before/After care

Shoreview Community Center

### Thanksgiving Break, November 19-21

School is out all week! Your child can enjoy a Thanksgiving vacation at the Shoreview Community Center while you work or prepare for Thanksgiving festivities.

Monday, November 19 ..... **Activity # 460408-05**  
Before/After ..... **Activity # 460408-06**  
Tuesday, November 20..... **Activity # 460408-07**  
Before/After ..... **Activity # 460408-08**  
Wednesday, November 21 ..... **Activity # 460408-09**  
Before/After ..... **Activity # 460408-10**



### Winter Break, December 26-28

We understand that it is difficult to find care for your children during the long winter break, so why not send your children to the Shoreview Community Center for a day or two? School's Out Discovery Camp provides a welcome break from stay-at-home boredom, video games, and TV. Your child will be engaged, active, and well-supervised.

Wednesday, December 26..... **Activity # 160108-01**  
Before/After ..... **Activity # 160108-02**  
Thursday, December 27 ..... **Activity # 160108-03**  
Before/After..... **Activity # 160108-04**  
Friday, December 28 ..... **Activity # 160108-05**  
Before/After..... **Activity # 160108-06**



### Spring Break, March 14-22

Hey kids! Enjoy a tropical vacation at the Shoreview Community Center during your spring break. You will swim in the Tropics Indoor Water Park where it is always 80 and sunny. You will go on a tropical adventure in the indoor playground racing through tunnels and flying down the five level spiral slide! We will break up the day with crafts, games, and snacks. What a great way to spend your spring break!

Thursday, March 14 ..... **Activity #260208-01**  
Before/After ..... **Activity #260208-02**  
Friday, March 15 ..... **Activity #260208-03**  
Before/After ..... **Activity #260208-04**  
Monday, March 18..... **Activity #260208-05**  
Before/After ..... **Activity #260208-06**  
Tuesday, March 19 ..... **Activity #260208-07**  
Before/After ..... **Activity #260208-08**  
Wednesday, March 20..... **Activity #260208-09**  
Before/After ..... **Activity #260208-10**  
Thursday, March 21 ..... **Activity #260208-11**  
Before/After ..... **Activity #260208-12**  
Friday, March 22 ..... **Activity #260208-13**  
Before/After ..... **Activity #260208-14**



# YOUTH SPORTS

## After School Sports

Our After School Sports program offers variety of age appropriate activities with a focus on fun. All classes are for boys and girls, and are held for 6 sessions. Participants should meet in the gym for each class. For more information, please call 651-490-4750.

## SPORTS GAMES

4 years to Kindergarten ..... 4:40 P.M. – 5:40 P.M.  
\$38 per participant

### Island Lake Elementary - West Gym

Tuesdays, Jan. 8 – Feb. 12 ..... **Activity # 190407-01**

### Turtle Lake Elementary - West Gym

Wednesdays, Jan. 9 – Feb. 13 ..... **Activity # 190407-02**

Jump, catch, dribble, and kick! Children will learn about sports and develop skills. Instructors will teach kids according to skill level. Sports include soccer, floor hockey, basketball and other gym activities.

## ARRIEL McDONALD'S BASKETBALL CAMP

Grades 1 to 5 ..... 3:30 P.M. – 4:30 P.M.  
\$38 per participant

### Island Lake Elementary - West Gym

Fridays, Jan. 11 – Feb. 22 ..... **Activity # 190402-01**  
(No Class January 25)

### Turtle Lake Elementary - East Gym

Wednesdays, Jan. 9 – Feb. 13 ..... **Activity # 190402-02**

Former Minnesota Gophers basketball player Arriel McDonald is here to teach your youngster the great game of basketball. This camp is designed to teach boys and girls basketball fundamentals, skills development and teamwork. Staff will emphasize the latest techniques in ball handling, passing, shooting, footwork and rebounding in a friendly and fun environment. Every young player should start here! Come join in on the FUN!



## SOCCKER

Grades 1 to 3 ..... 3:30 P.M. – 4:30 P.M.  
\$38 per participant

### Island Lake Elementary - West Gym

Tuesdays, Jan. 8 – Feb. 12 ..... **Activity # 190406-01**

Learn the fundamentals of the fun and exciting game of soccer. Kids will build on their skills each week by participating in a variety of drills and games.

## MINI KICKERS CAMP

Ages 3 to 8 ..... \$65; \$60 Shoreview Resident  
Saturdays, Jan. 19 – Feb. 23

Shoreview Community Center Gym

### Ages 6 to 8

9:00 A.M. – 9:45 A.M. .... **Activity # 190801-01**

### Ages 3 to 5

10:00 A.M. – 10:30 A.M. .... **Activity # 190801-02**

10:35 A.M. – 11:05 A.M. .... **Activity # 190801-03**

Come out and learn the fundamentals of little kids' soccer.

This is a great class for learning the basic skills and sportsmanship of soccer. John Swallen, former goalkeeper for the Minnesota Thunder, will teach youth through a variety of fun soccer games. Classes meet for six sessions.



## BASEBALL CAMP

Turtle Lake Elementary Gym

**Grades 3 to 5** ..... 2:00 P.M. – 3:00 P.M.

\$125 per participant

Sundays, Jan. 6 – Feb. 3 ..... **Activity # 190902-01**

Sundays, Feb. 17 – Mar. 17 ..... **Activity # 190902-02**

**Grades 6 to 8** ..... 3:00 P.M. – 4:00 P.M.

\$125 per participant

Sundays, Jan. 6 – Feb. 3 ..... **Activity # 190902-03**

Sundays, Feb. 17 – Mar. 17 ..... **Activity # 190902-04**

**Grade 9** ..... 1:00 P.M. – 3:00 P.M.

\$95 per participant

Monday, Feb. 18 ..... **Activity # 190902-05**

Line Drive Sports, LLC will be offering hitting, pitching and fielding instruction for baseball players in grades 3 - 9. The instruction will be provided in a safe and enthusiastic atmosphere. This camp is a great way to prepare for spring tryouts and the upcoming baseball season.

## LITTLE STRIKERS BOWLING CAMP



Ages 5 to 10

Wednesday - Friday, Dec. 26 – 28 ..... 10:00 AM – 11:30 AM

\$40 per participant ..... **Activity # 190901-01**

Flaherty's Arden Bowl – 1273 West Co. Rd E, Arden Hills 55112

This camp is designed for beginning bowlers. Kids will learn bowling basics. They will also visit Bowlopolis, an animated city all about bowling, where they'll meet the characters and learn that bowling is fun! Participants will receive lunch each day of camp. Lunch will be served 30-minutes prior to camp ending. Transportation NOT provided. **Registration deadline is 1-week prior to the camp start date.**

## CHEER AMERICA

Ages 4 to 16

Thursdays, Feb. 14 – April 18 (10 weeks)

6:00–6:45 P.M. (ages 4 to 8), 7:00–7:45 P.M. (ages 9 to 16)

\$6 per week; one time registration fee of \$4

Shoreview Community Center

Cheer America is an exciting cheerleading and dance program for children ages 4 to 16. Students learn popular cheers, chants, jumps, leaps, choreographed pom pom/dance routines, parade marching techniques, and other skills involved in performances, competitions and school cheerleading team tryouts. This program promotes coordination and physical fitness, self-esteem, and teamwork. Join us on the last class day for a recital. Register any time! **Registration and information session: Feb. 7, 6:00 P.M. – 7:00 P.M.**

## GIRLS VOLLEYBALL LEAGUE

Grades 4 to 8

Tuesdays & Saturdays, Jan. 5 – Mar. 2 Game and practices last for 1 hour and times will vary each week. Tuesdays will be between 5:30 P.M. – 8:30 P.M. and Saturdays between 9:00 A.M. – 3:00 P.M.

\$54; \$44 Shoreview Resident

**Setters, Grades 4-5** ..... **Activity # 190304-01**

**Spikers, Grades 6-8** ..... **Activity # 190304-02**

Turtle Lake Elementary

Recreational league play for girls grades 4-8. This instructional league will teach girls the basic skills, rules, and strategies of the fun and exciting game of volleyball. Program consists of one practice and one game each week. Games and practices will last for one hour. Players will receive a t-shirt.

**Register by December 3 for the Girls Volleyball League.** No special friend requests accepted after the deadline.

**Volunteer coaches are needed for the Girls Volleyball League.** If you sign up to be a coach, your child's registration fee will be refunded at the end of the season (one child per team coached). Please complete the box on the registration form if you are interested in coaching. If you have any questions contact Jeremy Bailey at 651-490-4753.

### COACHES MEETING

Thursday, December 13 ..... 6:00 P.M. – 7:00 P.M.

Shoreview Community Center





# SPECIAL EVENTS

## DIVE-IN MOVIE

Friday, Jan. 25 and Mar. 8 ..... 7:00 P.M.  
Shoreview Community Center

Join your friends and family at the Tropics Indoor Water Park inside the Shoreview Community Center for Dive-In Movie nights! Guests can float with water noodles (not provided), relax on giant sea creatures, or lounge on pool-side chairs and enjoy a popular family friendly movie. No need to register. The purchase of a daily pass on the day of the movie will be your ticket. Free for Community Center Members. Please note the hot tub will be closed during and after the movie. Movie titles will be posted at the Community Center or call 651-490-4750 for more information.

## LETTER FROM SANTA

\$4 per child ..... Activity # 160102-01

Santa would like to wish you all a very happy holiday from the North Pole. This letter will come in an envelope with Santa's name and return address in the corner, addressed directly to your child. Please include the following information on your registration form: three gifts your child is likely to receive, names and ages of siblings, names of pets, school attending, hobbies, and positive personality traits. Letters mailed around December 14. **Register by Monday, December 3.**



## SKATE WITH SANTA

Saturday, December 15 ..... 10:00 A.M. – 11:30 A.M.  
\$12 per family ..... Activity # 160104-01  
Shoreview Ramsey County Ice Arena

Bundle up your family and bring your skates as we join Santa at the Ramsey County Ice Arena (across from the Community Center). There'll be hot cocoa and cookies. Bring your camera! Bring your own skates; rentals will not be available at the arena. **Please register by Wednesday, December 12.**

## KIDS SECRET HOLIDAY SHOPPING SPREE

Ages 3-12 ..... Shoreview Community Center  
Saturday, December 8 ..... 9:00 A.M. – 1:00 P.M.

Are the kids looking for gifts for family members and friends around the holiday season? Bring the kids to do some quick, inexpensive shopping with the help of Park and Recreation staff and volunteers, while mom or dad enjoy some cookies and apple cider. Send your child with a list of people that need gifts and a designated dollar amount to spend per person. Gifts will range in price from \$0.50 to \$15. The Park and Recreation staff and volunteers will assist your child with making purchases and wrapping gifts.

## FAMILY NEW YEAR'S EVE PARTY — SUPERHEROES

\$9 youth (ages 1-17) ..... **Activity # 160103-01**  
 \$7 adults (ages 18 & over) ..... **Activity # 160103-02**  
 Monday, Dec. 31 ..... 6:00 P.M. – 9:00 P.M.

Bring the whole family to Shoreview's annual New Year's Eve Party! Join us for face painting, crafts, and games. As always, adventure awaits in the Tropical Adventure Indoor Playground and Tropics Indoor Waterpark. Zoom down the water slide while enjoying a light and music show. Ring in the New Year with a spectacular balloon drop at 8:45 p.m. Fee includes admission to the waterpark, playground, and all activities. Concessions are available for an additional fee at the Wave Café. Register by December 28th and save! Price is \$10 at the door.



## SHOREVIEW EGG HUNT

Ages 10 and under

Saturday, March 30 ..... 9:30 A.M. – 11:00 A.M.  
 \$12 per child ..... **Activity # 260219-01**

Shoreview Community Center Pavilion

Join the Bunny in an eggciting hunt for prize-filled eggs! Great fun for your little bunnies ages 10 and under. Space is limited. **Please register by Monday, March 25. The Shoreview Egg Hunt is held outdoors. Please dress for the weather.**

Schedule: 9:30 A.M.	Check In
9:45 A.M. – 10:00 A.M.	Egg Hunt
10:00 A.M. – 11:00 A.M.	Special Entertainment

## SWEETHEART DANCE

Ages 10 and under

Friday, February 8 ..... 6:00 P.M. – 8:00 P.M.  
 \$12; \$10 Shoreview Resident (includes 1 child and 1 adult)  
 ..... **Activity # 160107-01**  
 \$5 for each additional adult ..... **Activity # 160107-02**

Shoreview Community Center

Put on your party clothes, grab a special adult, and join us for our annual Sweetheart Dance! There will be a DJ, crafts, food and fun for all to enjoy. So come dressed to impress and spend a special evening with someone you love. Oh, and don't forget your camera for this one! Register by Monday, Feb. 4.



# ADULT SPORTS

## DODGEBALL LEAGUE

Ages 16 and up

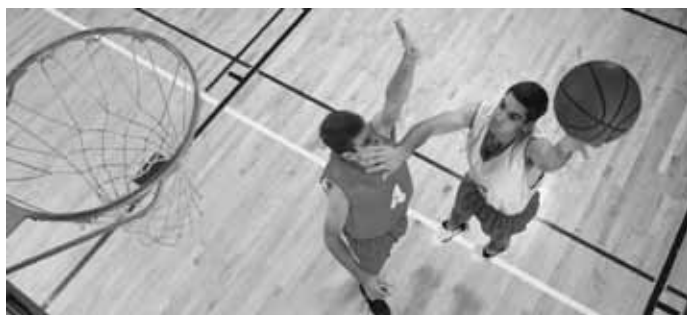
Wednesday evenings, starting Jan. 9

\$160 per team..... **Activity # 120401-01**

Turtle Lake Elementary

Here is your chance to relive the good ol' times and see if you still have what it takes to be the last person standing. Gather your friends and co-workers to join in on the fun. Teams will play 6 officiated league games and a season ending playoff.

Game times vary week-by-week and usually last 45-minutes to an hour. Any ratio of men and women may participate, including all male and all female teams. **Registration deadline is Friday, Dec. 28 or until league is full.**



## ISLAND LAKE SCHOOL ADULT DROP-IN BASKETBALL

Now through May 18

\*Gym closed Wednesdays: Nov. 21, Dec. 26, Jan. 23, Feb. 20

\*Gym closed Saturdays: Nov. 24, Dec. 22, Feb. 16

\$5 per person; pay at door

Wednesdays..... 6:30 P.M. – 9:00 P.M.

Saturdays..... 8:00 A.M. – 10:00 A.M.

Island Lake Elementary

Shoot baskets or join a pick-up game arranged by the players. Space limited to 30 players. Call 651-490-4750 for more information.

## BROOMBALL LEAGUES

Games begin in mid-December (weather permitting)

\$335 per team

CoRec D Sunday evenings..... **Activity # 120301-01**

Men's D Monday evenings..... **Activity # 120301-02**

Shoreview Commons Rink

(behind Shoreview Community Center)

Teams play 6 outdoor officiated games and playoffs for the top finishers. Players provide their own legal brooms, balls, and helmets. **Registration deadline is Wednesday, November 28 or until league is full.**

## SOFTBALL LEAGUES

We offer a variety of co-rec and men's leagues for teams and players of different abilities and interests. Teams are registered with the Minnesota Recreation and Parks Association (MRPA) and with United States Slo-Pitch Softball Association (USSSA). USSSA rules are used for all games.

### Program Information

Softballs and umpires are provided for all games. Practices may be scheduled 1-week prior to season. Summer league game times are 6 and 7 P.M. (some 8 P.M. and 9 P.M. games in combined leagues). Leagues consist of 12 single games or 20 doubleheader games. All leagues will have a season ending single elimination playoff. League fees include USSSA Sanctioning fees and sales tax. **Registration deadline is March 29.**

### Softball League Descriptions

**Men's Recreation E:** Good or new teams. Players are not as competitive as in D level, may be older, and have less experience or ability. Three home runs per team.

**Men's Recreation D:** Better teams. Many of the players hit well. Team capable of scoring many runs. Three home runs per team.

**CoRec D:** Average teams. Teams have players with broad range of ability levels. Three home runs per team. CoRec leagues use an 11-inch softball for women and a 12-inch softball for men.

### Managers Meeting

This meeting is required for all teams registered in Shoreview's leagues. Schedules, rules, information and game balls will be handed out.

Thursday, April 11

6:00 P.M. – 7:00 P.M.

Shoreview Community Center

### Softball League Information

League	Day	Start	Games	Rate	Activity #
*CoRec D	Mon	4/22	Doubleheaders	\$700	<b>220801-01</b>
*Men's E	Tue	4/23	Doubleheaders	\$660	<b>220804-01</b>
*Men's D	Wed	4/24	Doubleheaders	\$660	<b>220803-01</b>
CoRec D	Thu	4/25	Single	\$570	<b>220801-02</b>
*Men's E	Fri	4/26	Doubleheaders	\$660	<b>220804-02</b>
*Combined league with Arden Hills					



## FREE ACTIVITIES AT THE COMMUNITY CENTER

### 500

Mondays at 12:30 P.M. ....No sign up or partners required  
**No 500 Dec. 24, 31.**

### Bridge

Thursdays at 12:30 P.M. ....No sign up or partners required  
**No Bridge Nov. 22.**

### Bingo (with prizes!)

One Wednesday monthly at 1:00 P.M. .... (\$0.25 per card)  
Nov. 28, Dec. 26, Jan. 30, Feb. 27, Mar. 20

## TRAVEL TALK

Love to travel but can't find a travel companion to share the costs? We have the perfect solution! Join our group of women (55+) for treats and coffee once a month and get to know each other and become travel buddies! Socials are on **Mondays, Dec. 17, Jan. 14 and Feb. 11 from 9-10 A.M.** in our Fireside Lounge.

## RED CROSS BLOOD DRIVE

Ages 17+

Monday, December 10 ..... 2:30 P.M. – 7:30 P.M.  
Child care available from 4:30 P.M. – 8:00 P.M. for  
\$1/hour per child

Shoreview Community Center

Almost everyone during their life will know someone who needs a blood transfusion. There is no substitute and still only one source of blood for transfusion – volunteer blood donors. Give Blood – Give Life. To register visit [www.redcrossblood.org](http://www.redcrossblood.org) or contact Lesley Young at 651-490-4734.

## INTRODUCTION TO PICKLEBALL

**FREE**  
**Pre-Registration**  
**Required**

Ages 18+ ..... 10:00 A.M. – 11:00 A.M.

Monday, December 3 ..... **Activity #120201-01**  
Wednesday, December 5 ..... **Activity #120201-02**

Shoreview Community Center Gymnasium

Pickleball is a combination of tennis, badminton, and ping pong played by four people on a badminton size court with paddles and a plastic polyball. It is great exercise, easy to learn and lots of fun. Come see what the excitement is all about as current players will teach you all about the fastest growing sport in America. We have the equipment, just drop by. **Pre-registration is required as space is limited.**

## AARP DRIVER SAFETY PROGRAM

The AARP Driver Safety program is designed for motorist's age 55 and older. Upon completion of one of these seminars, you will be entitled for a discount on your auto insurance premium. For the first time, one attends the 8-hour seminar. To retain the insurance premium discount, everyone should attend the 4-hour refresher seminar every 3 years. Please bring your current driver's license with you. Seminars are taught by AARP-trained volunteers and are offered to you at a very nominal fee. Registration deadline is 3 days prior to the class.

**AARP member cards MUST BE PRESENTED at the time of registration to qualify for member rates.**

All classes held at Shoreview Community Center unless otherwise noted. Classes marked with (\*) are held at Arden Hills City Hall.

### 8 Hour Evening Courses

AARP Member Rate: \$20; Non-Member Rate: \$22

5:30 P.M. – 9:30 P.M.

Dec. 3 & 4 (Mon & Tues) ..... **Activity # 150204-01**

Feb. 19 & 21 (Tues & Thurs) ..... **Activity # 150204-02**

### 4 Hour Evening Courses

AARP Member Rate: \$16; Non-Member Rate: \$18

5:30 P.M. – 9:30 P.M.

Dec. 18 (Tues) ..... **Activity # 150202-01**

Jan. 16 (Wed) ..... **Activity # 150202-02**

### 4 Hour Day Courses

AARP Member Rate: \$16; Non-Member Rate: \$18

9:00 A.M. – 1:00 P.M.

Dec. 12 (Wed) ..... **Activity # 150201-01**

Feb. 5 (Tues)\* ..... **Activity # 150201-02**

Mar. 5 (Tues)\* ..... **Activity # 250201-01**

Mar. 21 (Thur) ..... **Activity # 250201-02**

\*Arden Hills City Hall

## AARP TAXAIDE

Wednesdays, Feb. 6 – April 10

9:00 A.M. – 1:00 P.M.

Community Center

If you are over 60 years old and need tax assistance, AARP's Tax-Aide volunteers will provide FREE tax assistance to low and moderate income taxpayers. The trained volunteers can complete basic tax forms and answer your tax questions. Bring your current tax records and a copy of last year's tax return. Appointments are necessary. Please call 651-490-4750. Volunteers are needed to help prepare returns.

# SENIORS

## SHORELINERS

\$10 for 2013 ..... **Activity #500602-01**

If you are over the age of 50 you can register as a Shoreliner and receive priority registration and reduced prices on events, trips and receive the quarterly newsletter. The Shoreliner Newsletter is a great way to be informed of added programs that are not listed in the ShoreViews. To register as a Shoreliner, complete a registration form or visit the Shoreview Parks and Recreation Office. Please call Lesley with any questions at 651-490-4734 or email lyoung@shoreviewmn.gov.

The Shoreliners have a display case at the Shoreview Community Center that can be used to showcase any unique collection. Please call Eileen Kath at 651-484-4853 to reserve space in the cabinet.

## PORTERHOUSE LUNCHEON

Tuesday, December 18th..... 11:30 A.M. – 3:30 P.M.  
\$30 Registered Shoreliner/\$38 Guest

.....**Activity #: 100511-01**

Porterhouse, 235 Little Canada Rd, Little Canada, 55117

Celebrate the holiday amongst friends at the Porterhouse in Vadnais Heights! Menu options will be available upon registering or call Lesley at 651-490-4734. **No transportation provided.**

## KNITTING & CROCHETING

### Crocheting

Wednesdays, January 2 – February 6

6:00 P.M. – 8:00 P.M. .... **Activity # 100201-01**  
\$35 (+\$10 supply fee payable to instructor first night of class)

### Knitting

Thursdays, January 3 – February 7

6:00 P.M. – 8:00 P.M. .... **Activity # 100202-01**  
\$55 (+\$20 supply fee payable to instructor first night of class)

Shoreview Community Center

Deanna Miller will be teaching the basics of knitting & crocheting and how to read patterns. Bring scissors and a cloth bag to put your materials in.

## HOLIDAY GIFT MAKING

Monday, December 3 ..... 10:00 A.M. – 12:00 P.M.  
\$23; \$20 Shoreview Resident..... **Activity # 100221-01**

Arden Hills City Hall, 1245 W. Hwy 96, Arden Hills, 55112

Bring your friends for a fun Crafternoon! We will make three special gifts for your friends and loved ones. Homemade gifts are something everyone always cherishes. Join us for this fun Holiday Gift Making class!

## GIFT WRAPPING CLASS

Monday, December 10..... 6:00 P.M. – 8:00 P.M.  
\$23; \$20 Shoreview Resident..... **Activity # 100222-01**

Arden Hills City Hall, 1245 W. Hwy 96, Arden Hills, 55112

Want to learn how to wrap your gifts like an expert? In this class you can bring 4 gifts to wrap and decorate. Get ready to pick out your favorite bow or gift tag! This class will be a blast!



## QUICK START MUSIC COURSE

Fridays, January 4 – February 8..... 2:30 P.M. – 3:30 P.M.  
\$10 per person..... **Activity # 100219-01**

A great introductory class of making music using a Lowrey virtual orchestra! A simple sounding system that makes even the rookie of player sound professional! Learn to read music, play on a keyboard, use terminology and discover 6 songs.

## HEALTH & WELLNESS THROUGH MUSIC MAKING

Tuesday, February 13 ..... 2:00 P.M. – 3:00 P.M.  
\$5 per person..... **Activity # 100220-01**

A great opportunity to educate about the health and wellness benefits of the hobby of making music! You will learn how music naturally increases human growth hormone levels, relaxes blood vessels in the heart, decreases anxiety and depression and helps you feel relaxed, and deal positively with stress.

## ADAPTIVE BOWLING

The Adaptive Bowling program is open to all special education students (7th grade through young adult) in the Mounds View School District. Participants will bowl at the Mermaid Lanes on Saturday mornings from 9:15 to 11:30 A.M. Staff includes two supervisors plus volunteers. The program runs for 10 weeks. Fees cover bowling, shoes and supervision. There will be a bowling banquet with awards at the end of the session. For more information on the exact starting date and fee, please call Pat Tuma at the New Brighton Parks and Recreation Department at 651-638-2123.

## MEALS ON WHEELS

The Meals On Wheels program is available to eligible seniors and certified, disabled individuals (regardless of age) who are residents of Mounds View School District 621. Hot, nutritious noon meals are delivered by volunteers Monday through Friday, except on holidays. For more information, call 651-621-7431.

## FOOD SHELF DONATIONS

The Community Center is a year-round drop-off site for the Ralph Reeder Food Shelf. When you pack your gym bag, include a non-perishable food item to contribute to the food shelf. Look for the green bins. Thank you!

## NORTHWEST YOUTH AND FAMILY SERVICES

Northwest Youth and Family Services, a non-profit social service agency based in Shoreview, serves residents of the northern suburbs. Services include mental health counseling for youth and adults, employment programs for at-risk youth, parenting support groups, and chore services for seniors. For a full listing of programs and services, please visit our web site at [www.nyfs.org](http://www.nyfs.org) or call us at 651-486-3808.

## SENIOR CHORE SERVICE

Need assistance with household chores? Students ages 12 to 17 are available to assist with mowing, snow shoveling, housecleaning and other projects on a one-time, weekly or monthly basis. Rates are affordable and financial assistance is available to eligible seniors to offset the cost. Call Debbie at 651-379-3451 to arrange for chore service.

## ATHLETIC ASSOCIATIONS

**Shoreview Area Youth Baseball**  
[www.sayb.org](http://www.sayb.org)

**Irondale Baseball Assoc.**  
[www.geocities.com/ibl\\_baseball/](http://www.geocities.com/ibl_baseball/)

**Mounds View Basketball Assoc.**  
Hotline: 651-631-1943  
[www.moundsviewbasketball.com](http://www.moundsviewbasketball.com)

**Mounds View Youth Football League**  
[www.moundsviewyouthfootball.org](http://www.moundsviewyouthfootball.org)

**Irondale Youth Hockey Association**  
[www.ihaleague.org](http://www.ihaleague.org)

**Irondale Girls Fastpitch**  
[www.knightsfastpitch.org](http://www.knightsfastpitch.org)

**Mounds View Hockey Assoc.**  
[www.mvhockey.org](http://www.mvhockey.org)

**North Suburban Soccer Assoc.**  
[www.nssasoccer.org](http://www.nssasoccer.org)

**Mounds View Softball Assoc.**  
[www.mvsafastpitch.org](http://www.mvsafastpitch.org)

**Mounds View Rugby Club**  
Hotline: 612-656-0518  
[www.moundsviewrugbyclub.com](http://www.moundsviewrugbyclub.com)

**Iron Mustang Wrestling**  
612-590-2114  
[www.ironwrestling.com](http://www.ironwrestling.com)

**North Suburban Aquatic Club**  
[www.nsmakos.org](http://www.nsmakos.org)

**Roseville Area Youth Hockey**  
[www.rosevillehockey.org](http://www.rosevillehockey.org)  
612-817-5159



**FREE**  
**Community Center**  
**Membership!**

## **JOBS THAT FIT YOUR LIFESTYLE!**

***Part-Time • Flexible Hours • Fun People***

### **Child Care Attendants**

Provide care for children ages 6 months to 12 years in our drop-off childcare center located in the Shoreview Community Center. Experience working with pre-schoolers preferred. Mon.- Fri. Daytime hours 8:00 am-12:30 pm & evening hours 4:00-9:00 pm. Sat. 8:00 am - 12:30 pm. \$7.50 - \$8.75/hr.

### **Dodgeball Officials**

Dodgeball officials are needed to officiate 3 - 4 games per night from 6-10 pm. Games are held at Turtle Lake School. Previous officiating or playing exp. preferred. Jan - May. \$10- \$13/game.

### **Fitness Instructors**

All formats including cardio-kick, cycling, Tai Chi, Senior Fitness, strength training, water exercise, yoga, pilates, and dance-based fitness classes. Certification preferred. Morning, afternoon, evening and weekend hours available. \$13.50-\$20.00/class.

### **Ice Rink Attendants**

Desire to work with the public and a commitment to a part-time schedule is required. Ability to skate not necessary. Weekdays, evenings and weekends. 10-20 hours/week. Mid-Dec through mid-Feb. Must be willing to commit for entire season. \$7.50 - \$8.50/hr.

### **Ice Skating Instructors**

Instruct youth in ice skating. Skating knowledge and experience required. Previous teaching experience desired. 4 hours Saturday mornings. Oct - Feb. \$10.50 - \$12.50/hr.

### **Lifeguards *(we will train)***

Lifeguard in a tropical paradise at our beautiful indoor pool. Ensure the safety of pool guests by preventing and responding to emergencies. Lifeguards needed for morning, afternoon, weekend and evening hours. Current certification or we will train (must be able to swim 200 yards). \$8 - \$10/hr.



### **Personal Trainers**

Our emphasis is on helping people meet their fitness goals. Responsibilities include generating your own client base and providing one-on-one personalized fitness consultations, education, and motivation to Shoreview fitness participants. Design safe, effective workouts and work on general health, sports specific conditioning, and general rehabilitation. National Training certification and/or exercise science and health degree desired. \$17 - \$21/hr.

### **Service Desk**

Work in a fast-paced environment assisting guests on the phone and in-person, operate cash register and reconcile cash, enter memberships into computer, handle a variety of information, assist with concessions as needed. \$7.75 - \$9/hr.

### **Sports Instructors**

Instruct elementary age children in a variety of sports including floor hockey, indoor soccer, and basketball. A general sports background, knowledge and a desire to teach children basic sports skills required. Weekday afternoons approx 3:30 - 5:40 pm. 5 hours per week. Jan - Mar. \$9 - \$11/hr.

### **Swimming Instructors *(we will train)***




































































Swimming instructors needed for morning, afternoon and evening lessons at the Community Center pool. \$8 - \$12/hr.






















### **Wave Cafe**

Wave Café attendants prepare food orders, operate a cash register, maintain a clean work area, stock supplies, clean tables and help keep the lobby area neat. Mon - Fri. 9:30 am-3:30 pm. Daytime hrs \$7.50-\$8.50/hr. Evenings \$7.25 - \$8/hr.

**[www.shoreviewmn.gov](http://www.shoreviewmn.gov)**  
**Job Line 651-490-4637**  
**651-490-4750**



<b>Shoreview Recreation Areas</b>  Web Page: <a href="http://www.shoreviewmn.gov">www.shoreviewmn.gov</a>	Acres	Ballfields	Basketball Court	Football/Soccer	Hardcourt Area	Hockey Rinks	Paths	Pickleball (on tennis courts)	Picnic Areas	Playground Eq.	Shelter	Skating, general	Skating, Speed	Soccer	Swimming	Tennis Courts	Volleyball
<b>Bobby Theisen Park</b> Cty Rd E & Vivian East & West of Island Lake School	15		1											1		3	
<b>Bucher Park</b> 5900 Mackubin North on 49, right on Elaine	25	2	1											1		2	
<b>Lake Judy Park</b> 900 Tillerun – Arboast & Richmond	5		1/2														
<b>McCullough Park</b> 915 County Rd I North on Lexington, right on Cty Rd I	75	2	1						 With grill					1		2	
<b>Ponds Park</b> 190 Sherwood Road Sherwood and Pond Drive	1								 Table only								
<b>Rice Creek Fields</b> 5880 Rice Creek Parkway	10	4															
<b>Shamrock Park</b> County Road I & Snelling N. on Lexington to Cty Rd I, W. 2 miles	23	2	1					2	 With grill					1		2	
<b>Shoreview Commons and Community Center</b> 4650 North Victoria	40	2	1					2	 With grill					1		2	
<b>Sitzer Park</b> 4344 Hodgson	8	2	1						 With grill							2	
<b>Wilson Park</b> 815 County Road F 1 block W. of Victoria, North of 694	13	2	1						 Tables Only With grill							2	

<b>The following are recreation areas operated by Ramsey County Parks and Recreation and located within the City of Shoreview. For more information on these parks, please call 651-748-2500. <a href="http://www.co.Ramsey.mn.us">www.co.Ramsey.mn.us</a></b>	Acres	Boat Ramp	X-Country Skiing	Fishing	Hiking Trails	Hockey Rinks	Golf Course	Paths	Picnic Areas	Playground Eq.	Shelter	Swimming
<b>Island Lake County Park</b> 3611 Victoria Street	167											
<b>Lake Owasso County Park</b> 370 N. Owasso Blvd.	9											
<b>Shoreview Ice Arena</b> 877 Highway 96 (Hockey only)												
<b>Snail Lake Regional Park</b> 580 Snail Lake Blvd.	400											
<b>Turtle Lake County Park</b> 4979 Hodgson Road	9											





# Program Registration Form

Shoreview Parks & Recreation Dept. | 4580 Victoria Street North | Shoreview, MN 55126  
Phone: 651.490.4750 | Fax: 651.490.4797 | Web: [www.shoreviewcommunitycenter.com](http://www.shoreviewcommunitycenter.com)

Please fill out the form below completely. An incomplete form may delay your registration. If you prefer, you may register online at: <https://registration.shoreviewmn.com> or scan the QR code with your smartphone.



LAST NAME (PRIMARY)

FIRST NAME (PRIMARY)

HOME PHONE (AREA CODE)

ADDRESS

CITY

ZIP

CELL PHONE (AREA CODE)

E-MAIL ADDRESS

EMERGENCY CONTACT

Participants Last Name/First	M/F	Birthdate	Activity Number	Activity Name	Activity Day/Time	Fee \$

Are you a Community Center Annual member? ☐ Yes ☐ No

Total Amount Enclosed \$

## YOUTH SPORTS LEAGUES (Please fill out completely)

Special requests for teammates are NOT guaranteed and are limited to ONE REQUEST PER PLAYER. Group and/or chain requests will not be honored. The City encourages players to make new friends and develop social skills. If you sign up as a head coach, your child's registration will be reimbursed after the season is completed.

School child attends: \_\_\_\_\_

Grade (2012-2013 school year): \_\_\_\_\_

Child shirt size: Youth / Adult    S    M    L    XL

Teammate request name: \_\_\_\_\_

I would like to coach: Y    N    shirt size: S    M    L    XL    XXL

Coach Name: \_\_\_\_\_

## PAYMENT TYPE

If paying by credit card, please circle type.

☐ Cash    ☐ Check # \_\_\_\_\_    ☐ Credit Card



Checks Payable to "City of Shoreview"

Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_

☐ Billing address is different from above (Please include billing address)

\_\_\_\_\_

Special Needs/ Allergies/ Etc: \_\_\_\_\_

**WAIVER AND PERMISSION:** In consideration of your accepting my child's entry or my entry, I hereby, for myself, my child, my heirs, executors and administrators, waiver and release any and all rights and claims for damages I or my child may have against the City of Shoreview, the Parks and Recreation Department, or the school district and its representatives, successors and assigns for any and all injuries suffered by myself or my child at any activity sponsored by these groups. I further understand that the personal information I provided on this form, (name, birth date, address, email address, phone number), is considered private data and not giving the information may limit future contact about program updates and changes. I understand that this information is available to staff, coaches, volunteers, contractors, city auditors, attorney, and insurers as needed to perform their job duties. I do hereby allow the City of Shoreview to use any photographs and videos taken by the city, of the individual(s) named herein, in city print and electronic publications released to the general public.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Your signature indicates you have read the registration information and understand all information relevant to your program choice.



## Winter Registration Schedule

### Shoreview Resident Priority

Shoreview residents are given first priority in registering for Parks and Recreation programs.

**Begins Tuesday, November 27 at 8 A.M.**

### Annual Community Center Member Registration

**Begins Thursday, November 29 at 8 A.M.**

### General Registration

Anyone may register at this time. No residency or membership required.

**Begins Monday, December 3 at 8 A.M.**

### How to Register:

1. On-line at [www.shoreviewcommunitycenter.com](http://www.shoreviewcommunitycenter.com)
2. Mail in to: Shoreview Parks and Recreation  
4580 Victoria St N  
Shoreview, MN 55126
3. Fax to 651-490-4797 (credit card payment only)
4. Drop-off at our office, Community Center Service Desk, or City Hall drop box
5. In-person during normal business hours: M-F, 8 a.m. – 4:30 p.m.

### Registering on-line is easy!

1. Go to [www.shoreviewcommunitycenter.com](http://www.shoreviewcommunitycenter.com) and click "Member Login".
2. Login with your user name and password
  - If you have never used our system before, you may create an account on-line
  - If you are unsure of your user name or password and you do not have an email address on file with us, contact us at 651-490-4750.
3. Click on "Browse Activities" or "Activity Type"
4. Search for a program
5. Click the "add to cart" button and "enroll now" located at the bottom of the screen. You can enroll in multiple classes or register multiple participants at a time.
6. Continue shopping or proceed to check out.

### Register Early!

Space is limited in most activities.

### Registration Information

**Registrations processed online are given immediate priority followed by in-person registration. Registrations received via mail, fax, or drop-off are processed as time permits.**

#### 1. Drop-off points include:

- a. The Parks and Recreation Reception Desk, Monday through Friday, 8:00 A.M. to 4:30 P.M.;
  - b. The Shoreview Community Center Service Desk,
  - c. The after-hours payment box, to left of front door of City Hall.
2. Occasionally, activities are filled. To help continue the immediate processing of your enrollment, please indicate a second choice. If your first choice is full, we will call or email you confirming enrollment in your second choice.
  3. A resident is defined as an individual whose legal residential address is within the City of Shoreview.
  4. Activity fees may not be pro-rated.
  5. Make all checks payable to the City of Shoreview. Visa or MasterCard are accepted.
  6. Registrations will be processed at the Parks and Recreation desk from 8 A.M. to 4:30 P.M. Participants are notified if classes are filled or canceled. If a class is canceled due to insufficient registration, a refund check will be mailed to you. Confirmations will be issued only by e-mail. You can view your class confirmation information on-line. On-line registrations receive a higher priority than registrations that are in-person, mailed, faxed, or dropped off.
  7. The City of Shoreview supports participation by persons with disabilities. Please include information about any accommodations you need.
  8. Refunds may be issued when requested 5 working days before the activity or class begins unless otherwise noted in the class description. A service charge of \$5 will be deducted from refunds for classes priced up to \$100. A service charge of \$10 will be deducted from refunds for classes priced over \$100.
  9. Financial aid for qualifying residents with financial limitations is available.
  10. Voice/TDD: 651-490-4750.
  11. Periodically, the City of Shoreview will take pictures or videotapes of participants while they are engaged in programs, activities, or special events or while enjoying parks or other facilities. Please note that these photos may appear in city brochures and publications, local newspapers, on local cable television, and/or on the city web page. If you or your family members do not wish to be photographed or published, you must give written notice.



# Program Registration Form

Shoreview Parks & Recreation Dept. | 4580 Victoria Street North | Shoreview, MN 55126  
Phone: 651.490.4750 | Fax: 651.490.4797 | Web: [www.shoreviewcommunitycenter.com](http://www.shoreviewcommunitycenter.com)



Please fill out the form below completely. An incomplete form may delay your registration. If you prefer, you may register online at: <https://registration.shoreviewmn.com> or scan the QR code with your smartphone.

LAST NAME (PRIMARY)	FIRST NAME (PRIMARY)	HOME PHONE (AREA CODE)
ADDRESS	CITY	ZIP
E-MAIL ADDRESS	CELL PHONE (AREA CODE)	EMERGENCY CONTACT

Participants Last Name/First	M/F	Birthdate	Activity Number	Activity Name	Activity Day/Time	Fee \$

Are you a Community Center Annual member? <input type="checkbox"/> Yes <input type="checkbox"/> No	Total Amount Enclosed \$
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## YOUTH SPORTS LEAGUES (Please fill out completely)

Special requests for teammates are NOT guaranteed and are limited to ONE REQUEST PER PLAYER. Group and/or chain requests will not be honored. The City encourages players to make new friends and develop social skills. If you sign up as a head coach, your child's registration will be reimbursed after the season is completed.

School child attends: \_\_\_\_\_

Grade (2012-2013 school year): \_\_\_\_\_

Child shirt size: Youth / Adult    S    M    L    XL

Teammate request name: \_\_\_\_\_

I would like to coach: Y    N    shirt size: S    M    L    XL    XXL

Coach Name: \_\_\_\_\_

## PAYMENT TYPE

If paying by credit card, please circle type.

☐ Cash    ☐ Check # \_\_\_\_\_    ☐ Credit Card



Checks Payable to "City of Shoreview"

Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_

☐ Billing address is different from above (Please include billing address)

\_\_\_\_\_

Special Needs/ Allergies/ Etc: \_\_\_\_\_

**WAIVER AND PERMISSION:** In consideration of your accepting my child's entry or my entry, I hereby, for myself, my child, my heirs, executors and administrators, waiver and release any and all rights and claims for damages I or my child may have against the City of Shoreview, the Parks and Recreation Department, or the school district and its representatives, successors and assigns for any and all injuries suffered by myself or my child at any activity sponsored by these groups. I further understand that the personal information I provided on this form, (name, birth date, address, email address, phone number), is considered private data and not giving the information may limit future contact about program updates and changes. I understand that this information is available to staff, coaches, volunteers, contractors, city auditors, attorney, and insurers as needed to perform their job duties. I do hereby allow the City of Shoreview to use any photographs and videos taken by the city, of the individual(s) named herein, in city print and electronic publications released to the general public.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Your signature indicates you have read the registration information and understand all information relevant to your program choice.

# Shoreview's Family New Year's Eve Party

## Super Hero!

### CALLING ALL SUPER HEROES!

JOIN US FOR THE FAMILY NEW YEAR'S EVE PARTY  
AT THE SHOREVIEW COMMUNITY CENTER

**MONDAY, DECEMBER 31**  
**6 - 9 PM**

\$9 YOUTH.....ACTIVITY #160103-01

\$7 ADULT.....ACTIVITY #160103-02

FEE INCLUDES ADMISSION TO THE WATERPARK, PLAYGROUND,  
AND ALL ACTIVITIES. CONCESSIONS ARE AVAILABLE  
FOR AN ADDITIONAL FEE.

[WWW.SHOREVIEWCOMMUNITYCENTER.COM](http://WWW.SHOREVIEWCOMMUNITYCENTER.COM) 651-490-4750

BRING THE WHOLE  
FAMILY TO SHOREVIEW'S  
NEW YEAR'S EVE PARTY!  
JOIN US FOR FACE PAINTING,  
CRAFTS, AND GAMES.

COME IN  
SUPER HERO COSTUME  
OR DRESS AS YOUR  
ALTER EGO.

ADVENTURE AWAITS  
IN THE INDOOR PLAYGROUND  
& WATERPARK. SHOW OFF YOUR  
SUPER HERO POWERS WHILE  
WINNING PRIZES AT THRILLING  
CARNIVAL GAMES.

REGISTER BY DECEMBER 28  
& SAVE! PRICE IS \$10 PER  
PERSON AT THE DOOR.

RING IN THE  
NEW YEAR WITH A  
SPECTACULAR BALLOON  
DROP AT 8:45 P.M.

**Shoreview  
Community Center**  
Tropics Waterpark  
& Fitness Center





**City of Shoreview**  
4600 Victoria Street North  
Shoreview, MN 55126

Presorted Standard  
ECRWSS  
U.S. Postage Paid  
Twin Cities, MN  
Permit No. 5606

**POSTAL CUSTOMER**

**LOCAL**



**GIFT CARDS  
AVAILABLE  
FOR PURCHASE  
AT SERVICE  
DESK.**

# ***Gear Up for the Holidays!***

No initiation fees | Affordable prices | State-of-the-art fitness facility  
Comfortable atmosphere | Health insurance discounts available  
Variety of fitness classes including: Zumba®, Kettlebell & Tabata!

***Annual Membership Includes Access To:***

Fitness Center | 30% off Group Fitness Classes | Gymnasium  
Tropics Indoor Waterpark | Indoor Playground | Track | & more!

***Shoreview  
Community Center***

Tropics Waterpark  
& Fitness Center



## ***Your Goals, Our Resources!***

651.490.4700 | [www.ShoreviewCommunityCenter.com](http://www.ShoreviewCommunityCenter.com)



***Like Us!***